

Strength Training Schedule

DAY 1: BACK, BICEPS AND LEGS

1. **WARMUP:** Jog, bike, stairmaster, or jump rope for 15-20 minutes fairly easy.

2. **STRETCH**

3. **ABS** (see attachment)

4. **LEGS:**

- **Leg Extension:** 3 sets x 10 reps (Do not do, if you have knee problems)
- **Leg Curls:** 3 sets x 10 reps
- **Leg Press** on machine/sled: 3 sets of 10 reps (more inverted the better)
- **Squats:** 5 sets x 10 reps. First 2 are warm-up sets for form. Begin with just the bar and lower until your thighs are slightly below parallel (with the floor). Increase the weight each set, 10 reps should be tough. Your legs begin to feel shaky. Focus on form – head up, bar on your lower shoulders – and drive from your butt. Work on being "explosive" as you come up – your hips should drive through the lift.
- **Dead Lifts:** 3 sets x 10 reps. Focus on form (see attachment)

5. **BACK:**

- **Lat Pulldowns:** 3 sets x 10 reps (increasing the weight until you are shaky but can keep your form). Do not let the machine yank you back up – as you get tired go slower on the release – you control the lift the whole way.
- **Seated Rows** (wide grip): 3 sets x 10 reps (increasing the weight until you are shaky but can keep your form)
- **Single Arm Dumbbell Bench Pulls:** 3 sets x 10 reps
- **Reverse Flyes:** 3 sets x 10 reps
- **Pull-ups:** as many as you can (do your best – get help, use different grips)

6. **BICEPS:**

- **Biceps curls:** 3 sets x 10 reps – options include straight bar, curl bar, dumbbells, cables

Strength Training Schedule

DAY 2: CHEST, SHOULDERS AND TRICEPS

1. **WARMUP:** Jog, bike, stairmaster, or jump rope for 15-20 minutes fairly easy.

2. **STRETCH**

3. **ABS** (see attachment)

4. **CHEST**

- **Bench Press** (use free weights if possible): 5 sets (first two are warm-ups) last 3 x 10 should be tough – you can get out 10 but you are shaking. Bring the bar all the way down to your chest (the top half of your cleavage) and drive the bar up. Lower the bar in control and work on an explosive drive up.
- **Incline Presses:** 3 sets x 10 reps (bring the weights into your pits and drive straight up) – options include straight bar, dumbbell press
- **Decline Bench Press:** 3 sets x 10 reps – options include declined bench straight bar, declined dumbbell press
- **Machine Presses:** 2 sets x 10 reps
- **Flyes:** 3 sets x 10 reps – options include dumbbells, pec machine, cable cross overs

5. **SHOULDERS**

- **Shoulder Press:** 3 sets x 10 reps
- **Shoulder Pulls** with barbell: 3 sets x 10 reps
- **Shoulder Flyes** (nice and slow) with dumbbells: 2 sets x 10 reps to sides, 2 sets x 10 reps to front (only as high as your shoulder)

6. **TRICEPS**

- **Tricep Press:** 3 sets x 10 reps – options include dips, close grip bench press, barbell extensions, cables

AB WORKOUT (4 times a week)

Rugby requires a particular kind of core strength. We need to get into a regular sit-up/hip routine that focuses on your hip flexors and lower abs. Hip flexors control your ability to jump and be explosive – and they respond pretty well to training.

1. Begin with ***knees to chest*** and gently drop your knees left, then right x 20
2. ***Hip rolls*** - knees to chest, roll your hips off the mat - lower slowly 1x15
3. ***Hip rolls with leg extension*** - knees to chest, roll your hips off the mat as you lower slowly extend your legs out, then bring them back to your chest 1x15
4. ***Hip rolls*** - knees to chest, roll your hips off the mat - lower slowly 1x15
5. ***Curls***: Back flat, knees bent, feet on the ground. Pick a point on the ceiling and slowly curl your shoulder blades off the mat, lower slow 1 x 15
6. ***Curls***: Back flat, knees bent, feet up at 90 degrees (like you just fell out of a chair backwards). Pick a point on the ceiling and slowly curl your shoulder blades off the mat, and reach for your heels, lower slow 1 x 15
7. ***Curls***: Back flat, legs straight up (like an inverted toe touch). Pick a point on the ceiling and slowly curl your shoulder blades off the mat, reach for your toes, lower slow 1 x 15
8. ***Bicycle***: Back flat, knees bent at 90 degrees, hands behind your head. Opposite elbow to opposite knee, leg not being touched extends out 2 x 15
9. ***Obliques***: Back flat, knees bent at 90 degrees, left leg crossed on right knee - reach for left leg with right elbow 1 x 15 /reverse 1x 15
10. ***Bicycle***: Back flat, knees bent at 90 degrees, hands behind your head. Opposite elbow to opposite knee, leg not being touched extends out 2 x 15
11. ***Oblique Crunches***: Lying on your right side curl your torso up slowly, lower slowly 1 x15
12. ***Oblique Crunches***: Lying on your left side curl your torso up slowly, lower slowly 1 x15
13. ***Oblique Crunches***: Repeat with your feet off the ground.

Increase the number of sit-ups each week by 5

DEAD LIFTS¹

Every muscle is involved during the dead lift—upper back, hips, quads, hamstrings, abdominals. If you consider yourself to be a novice weight lifter, do not do this lift.

The most important thing to keep in mind during this lift is that the back must be held as erect as possible. Never allow your chest to go over the bar—this will bring your body forward as you lift the weight, causing you to use your lower back for most of the lift instead of your hips and legs. As you pull the weight, think of pushing your feet through the floor so that you really get your legs into it.

Here is how you would perform this exercise.

1. Place your feet slightly wider apart than shoulder width.
2. Reach down and grasp the bar on the outside of the legs with a reverse grip.
3. Lower the hips until the thighs are close to parallel to the floor.
4. Flatten your lower back and look up slightly.
5. Make sure that your weight is on your heels, not your toes. Form is of the utmost importance here, so make sure the first time you do this lift you do it with just the bar.
6. Stand upright by straightening the legs and upper body; pause and then slowly return to the initial starting position.
7. Look up toward the ceiling because that is where you want to go. (Typically, your body goes where your head and eyes go.) If you look straight ahead, you may come out of the lift going forward. Look up and you'll usually come out going up.
8. As you lower the bar to the starting position, be sure to keep the bar close to your shins. In fact, the bar should actually graze your shins throughout the lift.

Deadlift Do's:

- Keep your abdominals tight and your back as erect as possible.
- Keep your shoulder blades pulled together—this will help keep your back erect.

Deadlift Don'ts:

- Lift your hips too quickly. This will transfer most of the effort to your lower back. The legs, hips, and lower back should be working together with most of the work done by your legs and hips.
- Snap or lock out your knees as you straighten your legs.
- Lean back excessively.
- Bounce the weight off the floor between repetitions.

¹ From BodyBuilding.Com