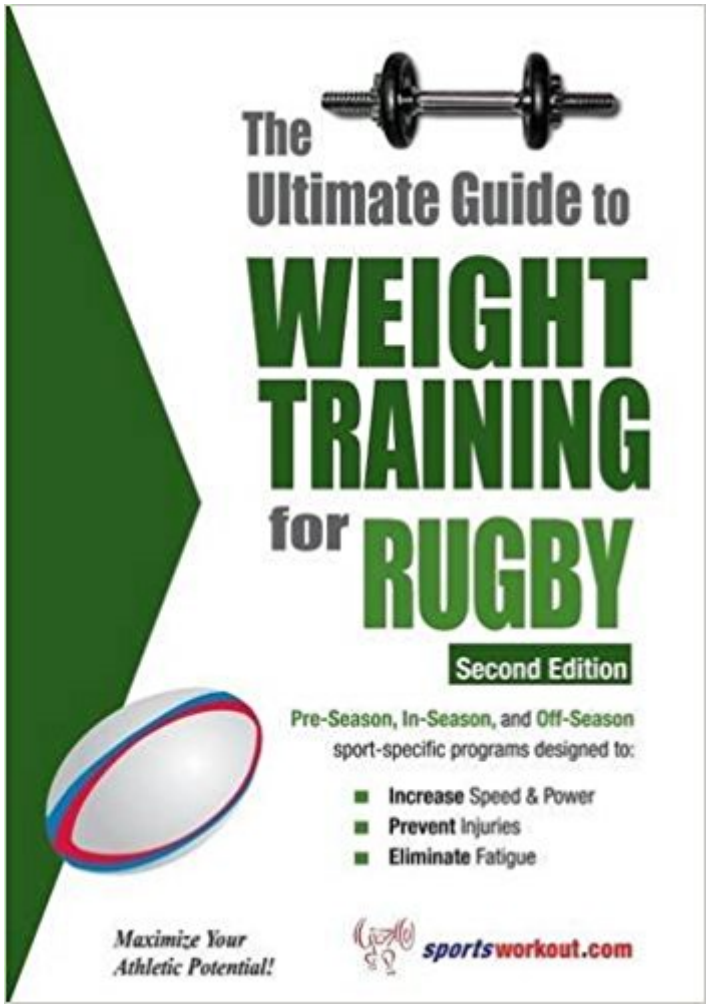
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Ultimate Guide To Weight Training For Rugby



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Synopsis

The Ultimate Guide to Weight Training for Rugby is the most comprehensive and up-to-date rugby-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round rugby-specific weight-training programs guaranteed to improve your performance and get you results. No other rugby book to date has been so well designed, so easy to use, and so committed to weight training. This book will increase the players power and quickness resulting in more effectiveness in rucks and mauls. By using this program, you will make considerable gains in your strength, agility, and stamina which will result in more success in scrums and have you competing strong until the final whistle. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

Book Information

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Customer Reviews

I have been playing rugby for 23 years. I presently play for a men’s club side in the Philadelphia area. I Played for a nationally-ranked Penn State team in the early ’90’s and am affiliated with a resurgent team at the moment. Until recently, I have struggled with strength and weight gains. Your book has helped me gain 34 pounds of muscle and incredible improvements in my strength. Thanks for everything. I have told many people about The Ultimate Guide to Weight Training for Rugby and I have lent it out to many of my friends. --Jason SI began using The Ultimate Guide to Weight

Training for Rugby before last season (2005), and saw the benefits almost immediately when the preseason club training began. I felt all the strength and power training come into affect with the rigors of the preseason and then during the first few games of the season. Even later on in the season, I continuously felt and saw the advantages of what I had accomplished with your program during the off/preseason. The overall change to both my body strength and performance has made several of my fellow club and team members join me this off-season in using your programs in preparation for the upcoming 2006 campaign. --Andrew A, 2005 Div 1 Men's League Champion.I began using The Ultimate Guide to Weight Training for Rugby before last season (2005), and saw the benefits almost immediately when the preseason club training began. I felt all the strength and power training come into affect with the rigors of the preseason and then during the first few games of the season. Even later on in the season, I continuously felt and saw the advantages of what I had accomplished with your program during the off/preseason. The overall change to both my body strength and performance has made several of my fellow club and team members join me this off-season in using your programs in preparation for the upcoming 2006 campaign. --Andrew A, 2005 Div 1 Men's League Champion.

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today and Muscle & Performance magazine, for his sports-training expertise.Ã Â Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service.Ã Â In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

Simple read. Provides some good ideas for conditioning and weightlifting. Recommend if you need to go back to the basics and get motivated again.

This book breaks down workouts in an easy way to understand. The text explains how to lift properly in each list and even has pictures for those that need the visualization. Stongly recommend this book for anyone that wants to lift for rugby or just wants to be in outstanding shape because this book sets you up to be prepared for anything.

Numerous typos, and formatting mistakes. Content was okay but nothing ground breaking. I'm sure you can find the same info online formatted much better.

My rugby playing son says this is a great training guide, and that he has brought many of the ideas and tips to his team during their weight training work-outs.

Not bad could have workouts structured more for rugby

Liking this book already! Cannot wait to start the training!

I'm an assistant coach of a HS rugby team. We will be using these routines in the offseason. The routines definitely cover the muscle groups required to play a demanding sport such as rugby.

Basic weight training information and program, nothing you cant find for free and better online. However if you want a compact program in your hands its a good starter. Don't buy this however if you actually want to have workouts specific to your position in rugby. I've never taken a look at the other books in this series, but i suspect that the workouts are almost all the same across any of the books(ulitmate guide to... football, cycling, etc). Really not worth the money for anyone who has experience in weightlifting or is looking to scrummage better, tackle harder or have a quicker sidestep

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