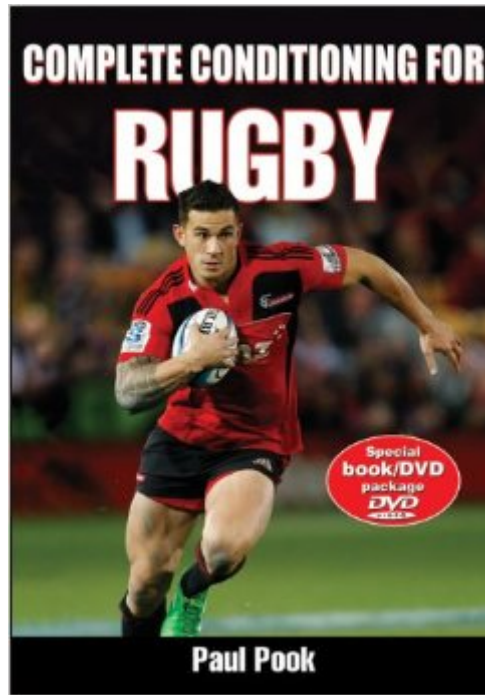


The book was found

Complete Conditioning For Rugby



Synopsis

Today's rugby players are bigger, faster and stronger than ever before. A focused conditioning programme has become essential to on-field success. Complete Conditioning for Rugby features a comprehensive training approach that builds players' physical abilities as well as the rugby-specific skills their positions require. Renowned conditioning coach and former professional player Paul Pook provides exercises, drills and programmes designed to improve the essential elements of the sport—strength, power, quickness and agility. His programmes will help you with these skills:

- Increase strength and power to win those all-important collisions.
- Improve your quickness and agility to be as elusive as the world's best.
- Develop your core stability and mobility in order to remain injury free.
- Customise your workouts to meet the demands of the position you play.

In addition, the approximately 50-minute DVD takes you into the gym to demonstrate the same exercises and drills used by the game's best. With physical assessments, nutrition advice and seasonal workouts, Complete Conditioning for Rugby will take your game to the next level. v

Book Information

Paperback: 256 pages

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Product Dimensions: 0.8 x 7 x 9.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #459,384 in Books (See Top 100 in Books) #45 in [Books > Sports & Outdoors > Other Team Sports > Rugby](#) #738 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

I coach a rugby 7's team & I am always looking for new ideas & methods to keep my players fresh & fit. This book gives an excellent overview of the 'how & why' of fitness specific for the game of rugby. What really made it worthwhile for me was the DVD. The visuals really help to give one an understanding of what the author must believe are the key exercises. Some of the exercises require equipment (weights et cetera as well as more specialised stuff) but even if you do not access to

this there are ample ideas & systems to ensure that your players achieve the desired fitness levels.

I am a professional coach and I bought this as a Xmas present for myself. I couldn't have chosen better

Great book on understanding and training rugby!!!!

A strong must have book for any aspiring coach and players out there trying to take rugby practice and competition to the next level everything is well written and organized for any level of rugby.

This is a great book. The DVD that came with it is in PAL format so without a compatible player.... My fault. I did not realize this when I ordered the book. so I can only give it 4 out of 5 stars.

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