RUGBY RENEGADE
STRENGTH AND CONDITIONING

Player:		Session:	Lower Body 1

		Week 1					Week 2					Week 3					Week 4				
1	**Back Squat**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
		60	5				62.5	5				65	5				67.5	5			
Rest	2min	65	5				67.5	5				70	5				72.5	5			
1RM		70	5				72.5	5				75	5				77.5	5			
Notes		75	5				77.5	5				80	5				82.5	5			
		80	5				82.5	5				85	5				87.5	5			
	5x5 Step Load																				
2	**Deficit Deadlift**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			6-8					6-8					6-8					6-8			
Rest	2min		6-8					6-8					6-8					6-8			
1RM			6-8					6-8					6-8					6-8			
Notes			6-8					6-8					6-8					6-8			
	4x6-8																				
3a	**SL Leg Press (es)**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest			8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
Notes																					
	3x8-10																				
3b	**Glute Ham Raise**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest	90s		8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
	3x8-10																				
4a	**Standing Calf Raise**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			10-12					10-12					10-12					10-12			
Rest			10-12					10-12					10-12					10-12			
1RM			10-12					10-12					10-12					10-12			
	3x10-12																				
4b	**Swiss Ball Crunch**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			12-15					12-15					12-15					12-15			
Rest	60s		12-15					12-15					12-15					12-15			
1RM			12-15					12-15					12-15					12-15			
	3x12-15																				

RUGBY RENEGADE
STRENGTH AND CONDITIONING

Player:		Session:	Upper Body 1

		Week 1					Week 2					Week 3					Week 4				
1	**BB Bench Press**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
		60	5				62.5	5				65	5				67.5	5			
Rest	2min	65	5				67.5	5				70	5				72.5	5			
1RM		70	5				72.5	5				75	5				77.5	5			
Notes		75	5				77.5	5				80	5				82.5	5			
		80	5				82.5	5				85	5				87.5	5			
	5x5 Step Load																				
2	**Underhand Chin Ups**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			6-8					6-8					6-8					6-8			
Rest	2min		6-8					6-8					6-8					6-8			
1RM			6-8					6-8					6-8					6-8			
Notes			6-8					6-8					6-8					6-8			
	4x6-8																				
3	**OA DB Shoulder Press (es)**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest	90s		8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
Notes																					
	3x8-10																				
4a	**DB Single Arm Row (es)**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			6					6					6					6			
Rest	60s		6					6					6					6			
1RM			6					6					6					6			
	4x6		6					6					6					6			
4b	**DB Reverse Flyes**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8					8					8					8			
Rest			8					8					8					8			
1RM			8					8					8					8			
	4x8		8					8					8					8			
4c	**DB Curls**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			10					10					10					10			
Rest	90s		10					10					10					10			
1RM			10					10					10					10			
	4x10		10					10					10					10			

RUGBY RENEGADE
STRENGTH AND CONDITIONING

Player:		Session:	Lower Body 2

		Week 1					Week 2					Week 3					Week 4				
1	**Deadlift**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
		60	5				62.5	5				65	5				67.5	5			
Rest	2min	65	5				67.5	5				70	5				72.5	5			
1RM		70	5				72.5	5				75	5				77.5	5			
Notes		75	5				77.5	5				80	5				82.5	5			
		80	5				82.5	5				85	5				87.5	5			
	5x5 Step Load																				
2	**Front Squat**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			4-6					4-6					4-6					4-6			
Rest	2min		4-6					4-6					4-6					4-6			
1RM			4-6					4-6					4-6					4-6			
Notes			4-6					4-6					4-6					4-6			
	1.5 Rep Method																				
	4x4-6																				
3a	**Walking Lunges (es)**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest			8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
Notes																					
	3x8-10																				
3b	**Hamstring Curls**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest	90s		8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
	3x8-10																				
4a	**Tibialis Raise**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			12-15					12-15					12-15					12-15			
Rest			12-15					12-15					12-15					12-15			
1RM			12-15					12-15					12-15					12-15			
	3x12-15																				
4b	**Cable Wood Chop (es)**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			10					10					10					10			
Rest	60s		10					10					10					10			
1RM			10					10					10					10			
	3x10																				

RUGBY RENEGADE
STRENGTH AND CONDITIONING

Player:		Session:	Upper Body 2

		Week 1					Week 2					Week 3					Week 4				
1	**BB Bench Press**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			4-6					4-6					4-6					4-6			
Rest	2min		4-6					4-6					4-6					4-6			
1RM			4-6					4-6					4-6					4-6			
Notes			4-6					4-6					4-6					4-6			
	1.5 Rep Method																				
	4x4-6																				
2	**Bench Pull**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			6-8					6-8					6-8					6-8			
Rest	2min		6-8					6-8					6-8					6-8			
1RM			6-8					6-8					6-8					6-8			
Notes			6-8					6-8					6-8					6-8			
	4x6-8																				
3a	**DB Bench Press**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest			8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
Notes			8-10					8-10					8-10					8-10			
	Neutral Grip, Elbows Tucked																				
	4x8-10																				
3b	**Neutral Grip Pulldown**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			8-10					8-10					8-10					8-10			
Rest	90s		8-10					8-10					8-10					8-10			
1RM			8-10					8-10					8-10					8-10			
	4x8-10		8-10					8-10					8-10					8-10			
4a	**DB Skull Crushers**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			10-12					10-12					10-12					10-12			
Rest			10-12					10-12					10-12					10-12			
1RM			10-12					10-12					10-12					10-12			
	3x10-12																				
4b	**Upright Row**	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left	%	Reps	Load	Right	Left
			10-12					10-12					10-12					10-12			
Rest	60s		10-12					10-12					10-12					10-12			
1RM			10-12					10-12					10-12					10-12			
	3x10-12																				