



# Mass in Month Conditioning Programme

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## **Ultimate Rugby Fitness System © John Lark 2008**

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## Exercise Programme - Accumulation

### Day 1 - Monday

Order	Exercise	Sets / Reps	Tempo	Rest Interval
A1	Squats – Back	4 x 5	40X0	90s
A2	Chins	4 x 5	40x0	90s
B1	Front Squats	3 x 8-10	30X0	60s
B2	Bench Press DB	3 x 8-10	20X0	60s
C	Reverse Crunches	2 x 15-20	40X0	60s

### Day 2 - Weds

Order	Exercise	Sets / Reps	Tempo	Rest Interval
A1	Bench Press	4 x 5	40X0	180s
A2	Step Ups each leg	4 x 5-7	30X0	60s
B	Deadlifts	4 x 5	20X0	60s
C	Neck Isometric Cable Holds	3 x 2 min Holds	120s Hold	Front / Side / Back

### Notes

Between A and B take a 10 min walk outside or on a treadmill. Record all weights and reps in your training diary.

## **Exercise Description**

### **Squat**

Feet shoulder width apart – chest up – maintain elbows under the bar and the back in a flat position – descend to the point where you can hold the flat back position – explode back to the start - focus up rather than look up

### **Pull Up**

Palms down – pull yourself up to the bar so that it touches the chest

### **Lunges**

Hold Dumbbells by your side and alternate legs

### **Bench Press 45 Degree Incline**

Set the bench angle to 45 derees - Hold with the palms facing each other – lower fully to the chest and explode to the top

### **Military Press**

Hold Dumbbells above your shoulders with palms facing – press above your head. Lower slowly and repeat

### **Chin Ups**

Palms facing – pull yourself up to the chin up bar – lower and repeat

### **Glute-Ham Raise**

Again, there are not many gyms that have this kicking around the pink dumbbell section. Set the machine so that your knees are against the pad and complete a full range of motion. Keep a slight lordosis or curve in the spine and your neck in a neutral position. A good teaching cue is to 'keep the hips forward'. Placing your arms across your chest places more weight in front of you increasing the difficulty of the exercise.

### **Reverse Crunch**

Lie face up on the floor – keep pressure through the floor via your back – bend legs – lower under control and repeat – lower to the point that your back begins to rise off the floor

### **Neck Isometric Holds**

Place a padded strap against your head whilst facing the cable column machine – set the weight to as much as you can handle whilst trying to hold the position for the two minutes – repeat this for the pad against the side of the head and facing away

## **Deadlift**

Hands shoulder width apart – set in the squat position with chest up and arms relaxed – take the slack in your arms as you lift the bar up keeping the chest proud and the back flat

## **Step Ups**

Set a step knee high – step up using one leg – keep the toes curled in the foot and the knee locked as you lift up – perform all reps with one leg before switching