



Complete Conditioning for Rugby

Paul Pook

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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.

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The reason? Because this Complete Conditioning for Rugby is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I were you I will go to the publication store hurriedly.

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