

## Pre-season fitness

Exercise	Reps	Notes
Non counter movement jump and stick	5	Full extension on take off, land softly like a cat- chest up, hips back, lower limb vertically aligned.
Lateral/medial non counter movement jump and stick	5 per leg	
Bodyweight squat	5	Sit back, chest up, knees open
TRX row	5	Torso tight, body in a straight line,
TRX reaching RDL	5 per leg	Body straight, bend at hip not waist
Push up	5	Torso tight, body in a straight line,
Palof press isometric hold	30s per side	Torso tall, squeeze glutes, no unwanted
Lateral BW squat	5 per leg	Toes forward, chest up, hips back
Plank on knees	30s	Torso tight, body in a straight line

**Sets: 5 rounds**

**RUGBY COACH** WEEKLY