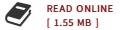




Rugby Fitness Training: A Twelve-Month Conditioning Programme

By Ben Wilson

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, Rugby Fitness Training: A Twelve-Month Conditioning Programme, Ben Wilson, Rugby is a sport that embraces players of every shape, size and fitness level. The success a player achieves, no matter what position he plays, will depend on his physical abilities. This book explains how those abilities, and therefore playing performance, can be improved. This book: discusses the mechanics of the human body, the classification of physical abilities and what is needed to succeed; examines the training methodology associated with aerobic, endurance, sprint, agility, plyometric, resistance, flexibility and core training; provides detailed explanations of a wide range of exercises; considers testing, the principles involved in designing training programmes and presents and easy-to-use, ten-step model that allows a player to formulate his own twelve-month training programme.



Reviews

These kinds of pdf is the greatest ebook readily available. This really is for those who statte that there had not been a worthy of looking at. Your daily life period will be change when you comprehensive looking over this pdf. -- Dock Hodkiewicz

I just started off reading this article publication. It is definitely simplistic but surprises in the 50 percent of your ebook. You are going to like how the author create this publication.

-- Clint Labadie