

# Pre-Season Rugby Training Routine: Strength & Power

## Day 1

Exercise	Sets	Reps
Squats	5	5
Bench Press	5	5
Bent Over Row	5	5
Seated External Rotation	3	8
Farmer's Walks	3	To Failure

## Day 2

Exercise	Sets	Reps
Squats	5	5
Military Press	5	5
Deadlift	3	5
Chin Ups	3	8
Planks	3 Front, 3 Each Side	1 Minute Each

## Day 3

Exercise	Sets	Reps
Squats	5	5
Bench Press	5	5
Good Mornings	3	5
Seated External Rotation	3	8
Farmer's Walks	3	To Failure

## Day 4

Gentle 3-5k run.