

Rugby Mass & Power Routine

 gym-talk.com/rugby-mass-power-routine/

| Exercise | Sets | Reps |
|--|--------------------|------|
| Warm-up | | |
| Power Clean | 5 | 2-3 |
| Squat | 3 | 5 |
| Explosive Jumps (Superset) | 3 | 3-5 |
| Deadlift | 3 | 5 |
| Explosive Jumps (Superset) | 3 | 3-5 |
| Bench Press | 3 | 5 |
| Explosive Push-Ups (Superset) | 3 | 3-6 |
| Pull-Ups | 3 | max |
| Standing Split Stance One Arm Press | 3 | 5 |
| Standing Split Stance One Arm Row | 3 | 5 |
| Walking Lunges with Sprinter Knee Lift | 6 (3 for each leg) | 10 |
| Core work | | |
| Prehab/Rehab work | | |