

# Ellesmere College Rugby Academy

## Strength to Power

### Mon– Strength

Exercise	Reps	Sets	% of 1rm	Weight
BB Squat	5	4	80	
Bench Press	5	4	80	
Single arm row	8	4	50	
Dead Lift	5	4	60	
Hamstring curl	8	3	50	
Shoulder Press	5	3	0	
Core & curls				
Exercise	Reps	Sets	% of 1rm	Weight
BB Squat	5	4	80	
Bench Press	5	4	80	
Single arm row	8	4	50	
Dead Lift	5	4	60	
Hamstring curl	8	3	50	
Shoulder Press	5	3	0	
Core & curls				

### Wed– Strength

Exercise	Reps	Sets	% of 1rm	Weight
Bulgarian Squat	5	4	90	
Incline Bench	5	4	90	
Bent over row	8	4	70	
Romanian Dead lift	6	4	70	
Curls & Core	8	3	50	
		3	0	
Core				

### Friday– Power

Exercise	Reps	Sets	% of 1rm	Weight
Explosive Squats	8	4	50	
Explosive Bench	8	4	50	
Plyometrics	8	3	NA	
1 arm DB Snatch	8	3	50	
Clean and pull		3	0	
Core				

Exercise	Reps	Sets	% of 1rm	Weight
Bulgarian Squat	5	4	90	
Incline Bench	5	4	90	
Bent over row	8	4	70	
Romanian Dead lift	6	4	70	
Curls & Core	8	3	50	
		3	0	
Core				

Exercise	Reps	Sets	% of 1rm	Weight
Explosive Squats	8	4	50	
Explosive Bench	8	4	50	
Plyometrics	8	3	NA	
1 arm DB Snatch	8	3	50	
Clean and pull		3	0	
Core				