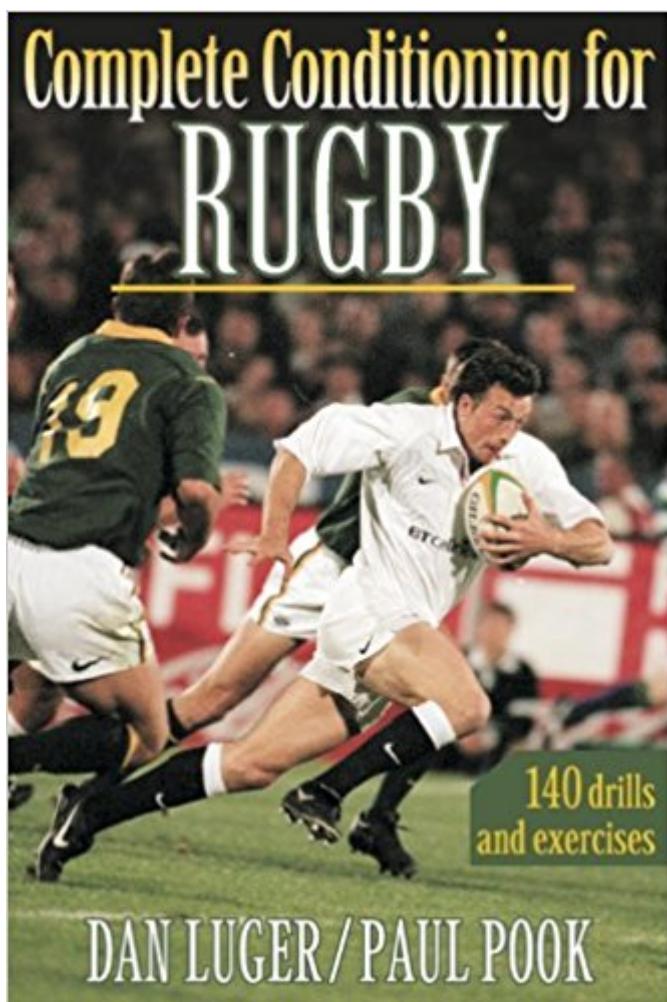


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# Complete Conditioning For Rugby (Complete Conditioning For Sports Series)



## Synopsis

Modern rugby requires you to have speed, strength, agility, endurance, and power in order to excel. Few sports demand such diverse physical attributes, and no book so comprehensively addresses how to develop them specifically for the sportâ "until now! Complete Conditioning for Rugby features first-hand insights from Dan Luger, English rugby star. Luger teams up with leading strength and conditioning coach Paul Pook to provide the very best in conditioning know-how. They present more than 120 position-specific drills and exercises that will help you excel in any match situation you will face:-Increase speed and agility to succeed in today&#39;s expansive game.-Build strength to help drive in the tackle and dominate in the ruck or maul.-Improve endurance to compete to the final whistle. Survive the rigors of the sport and perform your best with Complete Conditioning for Rugby. You&#39;ll find everything you need to get ahead of the pack!

## Book Information

Series: Complete Conditioning for Sports Series

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Average Customer Review: 4.6 out of 5 stars 7 customer reviews

Best Sellers Rank: #850,852 in Books (See Top 100 in Books) #68 in Books > Sports & Outdoors > Other Team Sports > Rugby #2423 in Books > Sports & Outdoors > Coaching #91710 in Books > Health, Fitness & Dieting

## Customer Reviews

An integral part of the England set-up and British Lion, Dan Luger plays for top French side Perpignan, following successful seasons with leading London clubs NEC Harlequins and Saracens. He has been described as the most exciting wing and deadliest finisher in European rugby, having scored 23 times for England in appearances. Renowned for his dedication to training, Dan presents speed workshops throughout Europe that are aimed at everyone from serious coaches to young players. He is one of the fittest and fastest men in world rugby. In 2004 Luger was awarded Member of the Order of the British Empire on the Queen's New Year's Honours List for his services to rugby.

Luger was born in London and is currently living in the south of France. Paul Pook is strength and conditioning coach for NEC Harlequins RFC and has worked with elite athletes in a wide variety of sports, including squash, swimming, track and field, and rowing. Pook is a former professional rugby player and has worked with many of the world's top international players. He is recognized for his innovative approach to sports conditioning. Pook is co-author of *The Core Workout* and managing director of Fitness 4 Sport Limited. He edits [www.fitness4rugby.com](http://www.fitness4rugby.com), the leading rugby fitness Web site; and he is in training for triathlons and a stage of the Tour de France.

Arrived in good condition + contains excellent drills for use with my youth rugby team. I think it will greatly enhance our training programme.

great primer for those wanting to pay or get in shape.

Some of the conditioning things are a little dated, but the sport specific drills are well worth the purchase of this book.

An excellent book for players and coaches alike. Luger and Cook provide drills for individual fitness training as well as multi player drills for practice. Excellent emphasis on overall fitness. A must to every player looking to improve and every coach wanting to make his players better.

Great detail of drills, both for individuals and teams. Good overview of how to bring together the overall ideas of rugby-specific fitness. But a little short on specific workout regimens.

Very pleased. It's modern, comprehensive, and sophisticated. Excellent training programs that take a player from the ground up to full competition. Especially liked the statistics on what world class players perform on certain drills and lifts.

This book is excellent. It is very informative and the illustrations are easy to understand.

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