

Fit 4 Rugby - 6 Week Foundation Strength Program for Beginners

6 Week Foundation Strength Program Overview

Experience Level: Beginners N.B. If you are a complete novice then you need to go through the General Preparation Program

Beginners Weeks 1-6

Workout A

Squats
Chins
Leg Press
Lat Pulldown
Shoulder Press
Biceps Curl
Hamstring Curl
Triceps Press

Workout B

Deadlift
-
Bench Press
Single Arm Row
Lateral Raise
Bent Over Row
Shrug
Calf Raise

	Mon	Tues	Wed	Thurs	Fri
Week 1	Workout A	-	Workout B	-	Workout A
Week 2	Workout B	-	Workout A	-	Workout B
Week 3	Workout A	-	Workout B	-	Workout A
Week 4	Workout A	Workout B	-	Workout A *	Workout B
Week 5	Workout A	Workout B*	-	Workout A	Workout B
Week 6	Workout A*	Workout B	-	Workout A	Workout B*

* Increase to 4 sets

Notes: The individual programs are listed below. Make sure you read through them fully as some exercises require a different hand grip.

For my purposes I call all pull-ups or chin-ups -'chins', and then describe hand placement.

All of the sets, reps, tempo and rest periods are also listed for you.

For all notes on Tempo, Reps, Sets, Rest and how to progress the weights, make sure you download my

[Weight Training Fundamentals](#)

manual by clicking on this link to the left, allow any access that Adobe might block

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Beginners - Weeks 1-3 - Foundation Strength Program

Order	Workout A	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
A1	Squats	211	4--6	3	60s			
A2	Chins	211	6--8	3	120s			
B1	Leg Press	211	4--6	3	60s			
B2	Lat Pulldown	211	6--8	3	120s			
C1	Shoulder Press	211	4--6	3	45s			
C2	Biceps Curl	211	6--8	3	90-120s			
D1	Hamstring Curl	211	4--6	3	45s			
D2	Triceps Press	211	6--8	3	90-120s			

Notes

- Chins - narrow underhand
- Lat Pulldown - wide overhand
- Shoulder Press - Dumbbells, seated with back support
- Biceps Curl - Seated Hammer Curls
- Hamstring Curl - Single Leg, Prone over stability ball or standing at leg extension machine, facing seat, foot pad behind achilles
- Triceps Press - Straight Bar

Order	Workout B	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
A1	Deadlift	211	4--6	3	3 mins			
-	-							
B1	Bench Press	211	4--6	3	60s			
B2	Single Arm Row	211	6--8	3	120s			
C1	Lateral Raise	211	4--6	3	45s			
C2	Bent Over Row	211	6--8	3	90-120s			
D1	Shrug	211	4--6	3	45s			
D2	Calf Raise	211	6--8	3	90-120s			

Notes

- Deadlift - hands mixed, straps permitted at max effort
- Lateral Raise - Stood Up
- Bent Over Row - Dumbbells
- Shrug - Dumbbells
- Calf Raise - Single Leg holding dumbbell

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Beginners - Weeks 4-6 - Foundation Strength Program

Order	Workout A	Tempo	Reps	Sets	Rest	Week 4	Week 5	Week 6
A1	Squats	211	4--6	3--4	60s			
A2	Chins	211	6--8	3--4	120s			
B1	Leg Press	211	4--6	3--4	60s			
B2	Lat Pulldown	211	6--8	3--4	120s			
C1	Shoulder Press	211	4--6	3--4	45s			
C2	Biceps Curl	211	6--8	3--4	90-120s			
D1	Hamstring Curl	211	4--6	3--4	45s			
D2	Triceps Press	211	6--8	3--4	90-120s			

Notes

- Chins - wide overhand
- Lat Pulldown - wide overhand
- Shoulder Press - Stood Up Dumbbells
- Biceps Curl - Stood up, Ez Barl Curl
- Hamstring Curl - Single Leg, Prone over stability ball or standing at leg extension machine, facing seat, foot pad behind achilles
- Triceps Press - Rope

Order	Workout B	Tempo	Reps	Sets	Rest	Week 4	Week 5	Week 6
A1	Deadlift	211	4--6	3--4	3 mins			
-	-							
B1	Bench Press	211	4--6	3--4	60s			
B2	Single Arm Row	211	6--8	3--4	120s			
C1	Lateral Raise	211	4--6	3--4	45s			
C2	Bent Over Row	211	6--8	3--4	90-120s			
D1	Shrug	211	4--6	3--4	45s			
D2	Calf Raise	211	6--8	3--4	90-120s			

Notes

- Deadlift - hands over, straps permitted at max effort
- Lateral Raise - Stood Up
- Bent Over Row - Dumbbells
- Shrug - Dumbbells
- Calf Raise - Single Leg holding dumbbell