

Fit 4 Rugby - 6 Week Foundation Strength Program for Intermediate to Advanced

6 Week Foundation Strength Program Overview

Experience Level: Intermediate to Advanced

	Monday	Wednesday	Friday
	Workout A	Workout B	Workout C
Intermediate /Advanced Weeks 1-3	Squats Chins Bench Press Seated Row	Deadlift Lat Pulldown Shoulder Press Single Arm Row	Front Squat Lat Pulldown Incline Chest Bent Over Row
Intermediate Weeks 4-6	Romanian Deadlift Chest Press Bent Over Row	Front Squats Chins Shoulder Press	Dead Lift -Blocks Incline Bench Press Seated Row

Advanced Weeks 4-6

Mon	Tues	Thur	Fri	Mon	Tues	Thur	Fri
Workout A	Workout B	Workout C	Workout A	Workout B	Workout C	Workout A	Workout B
							*
Mon	Tues	Thur	Fri				
Workout C	Workout A	Workout B	Workout C				
	*		*				

* 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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Intermediate/ Advanced - Weeks 1-3 - Foundation Strength Program

Workout A	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Squats	311	4--6	3	2-3 mins			
Chins	311	4--6	3	2-3 mins			
Bench Press	311	4--6	3	2-3 mins			
Seated Row	311	4--6	3	2-3 mins			

Notes | Chins - narrow underhand
Seated Row - neutral (palms facing each other)

Workout B	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Deadlift	311	4--6	3	2-3 mins			
Lat Pulldown	311	4--6	3	2-3 mins			
Shoulder Press	311	4--6	3	2-3 mins			
Single Arm Row	311	4--6	3	2-3 mins			

Notes | Deadlift - hands over, straps permitted at max effort
Lat Pulldown - Lean back to 45 degrees, Wide Underhand
Shoulder Press - Dumbbells, seated, back supported

Workout C	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Front Squat	311	4--6	3	2-3 mins			
Lat Pulldown	311	4--6	3	2-3 mins			
Incline Chest	311	4--6	3	2-3 mins			
Bent Over Row	311	4--6	3	2-3 mins			

Notes | Front Squat - Preferable olympic style racking position on the shoulders, if not then crossed arms is permissible.
Lat Pull Down - Sit almost vertical, Wide overhand
Incline Chest - Dumbbells
Bent Over Row - Wide underhand

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Intermediate - Weeks 4-6 - Foundation Strength Program

Workout A	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Romanian Deadlift	311	4--6	3	2-3 mins			
Chest Press	311	4--6	3	2-3 mins			
Bent Over Row	311	4--6	3	2-3 mins			

Notes | Romanian Deadlift - hands over, straps permitted at max effort
 Chest Press - Dumbbells
 Bent Over Row - narrow underhand

Workout B	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Front Squats	311	4--6	3	2-3 mins			
Chins	311	4--6	3	2-3 mins			
Shoulder Press	311	4--6	3	2-3 mins			

Notes | Front Squat - Preferable olympic style racking position on the shoulders, if not then crossed arms is permissible.
 Chins - wide overhand
 Shoulder Press - Standing Barbell

Workout C	Tempo	Reps	Sets	Rest	Week 1	Week 2	Week 3
Deadlift -Blocks	311	4--6	3	2-3 mins			
Incline Bench Press	311	4--6	3	2-3 mins			
Seated Row	311	4--6	3	2-3 mins			

Notes | Deadlift from blocks- hands over, straps permitted at max effort. From blocks means that the bar is raised to a starting position of just above the knee.
 Lat Pull Down - Sit almost vertical, Wide overhand
 Incline Chest - Dumbbells
 Seated Row - Neutral (palms facing each other)

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Advanced - Weeks 4-6 - Foundation Strength Program

Workout A	Tempo	Reps	Sets	Rest	Session 1	Session 2	Session 3	Session 4
Romanian Deadlift	311	3--5	3--4	2-3 mins				
Chest Press	311	3--5	3--4	2-3 mins				
Bent Over Row	311	3--5	3--4	2-3 mins				

Notes | Romanian Deadlift - hands over, straps permitted at max effort
 Chest Press - Dumbbells
 Bent Over Row - narrow underhand

Workout B	Tempo	Reps	Sets	Rest	Session 1	Session 2	Session 3	Session 4
Front Squats	311	5--7	3--4	2-3 mins				
Chins	311	5--7	3--4	2-3 mins				
Shoulder Press	311	5--7	3--4	2-3 mins				

Notes | Front Squat - Preferable olympic style racking position on the shoulders, if not then crossed arms is permissible.
 Chins - wide overhand
 Shoulder Press - Standing Barbell

Workout C	Tempo	Reps	Sets	Rest	Session 1	Session 2	Session 3	Session 4
Deadlift -Blocks	311	4--6	3--4	2-3 mins				
Incline Bench Press	311	4--6	3--4	2-3 mins				
Seated Row	311	4--6	3--4	2-3 mins				

Notes | Deadlift from blocks- hands over, straps permitted at max effort. From blocks means that the bar is raised to a starting position of just above the knee.
 Lat Pull Down - Sit almost vertical, Wide overhand
 Incline Chest - Dumbbells
 Seated Row - Neutral (palms facing each other)