

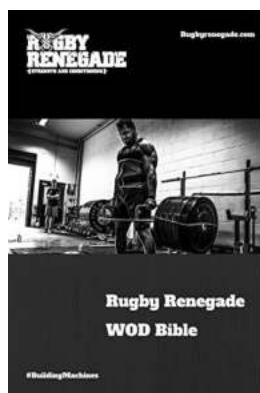
Unleash Your Full Potential with the Rugby Renegade WOD Bible

The Game-Changing Power of the Rugby Renegade WOD Bible

Are you an aspiring rugby player looking to elevate your game to the next level? Or maybe you're a seasoned professional seeking that extra edge on the field?

Introducing the Rugby Renegade WOD Bible – a revolutionary training program designed specifically for rugby players of all levels. This comprehensive guide will help you unlock your maximum potential through specially designed workouts, nutrition plans, and recovery strategies.

Unlike generic training programs, the Rugby Renegade WOD Bible is created by experts who have firsthand experience in the rugby world. The co-founders, Christian Lewis-Pratt and Josh Savage, are former professional rugby players turned strength and conditioning coaches. Their deep understanding of the sport's demands and requirements helped them develop workouts that are tailored to enhance your specific rugby skills.



Rugby Renegade WOD Bible: Fitness training for rugby just got easier! by Andrew Bushard (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1482 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 52 pages
Lending	: Enabled



Whether you want to improve your speed, agility, strength, power, or endurance, the Rugby Renegade WOD Bible has got you covered. This program is not just about getting fit – it's about sharpening the skills that matter most on the rugby field.

The Benefits of the Rugby Renegade WOD Bible

1. Transform your physique: The program focuses on building functional muscle and reducing unnecessary bulk, which is essential in rugby where agility and speed are paramount.
2. Boost your performance: Experience increased power, explosiveness, and endurance to outperform your opponents, no matter the position you play.
3. Injury prevention: By targeting weak areas and improving your overall flexibility and mobility, you'll minimize the risk of injuries common in rugby.
4. Mental resilience: Rugby is a mentally tough sport, and the Rugby Renegade WOD Bible doesn't neglect this aspect. It includes mental training exercises to develop the right mindset for success.
5. Tailored nutrition plans: Proper nutrition and fueling your body are crucial for optimal performance. The program provides customizable nutrition advice to support your specific needs as a rugby player.

The Contents of the Rugby Renegade WOD Bible

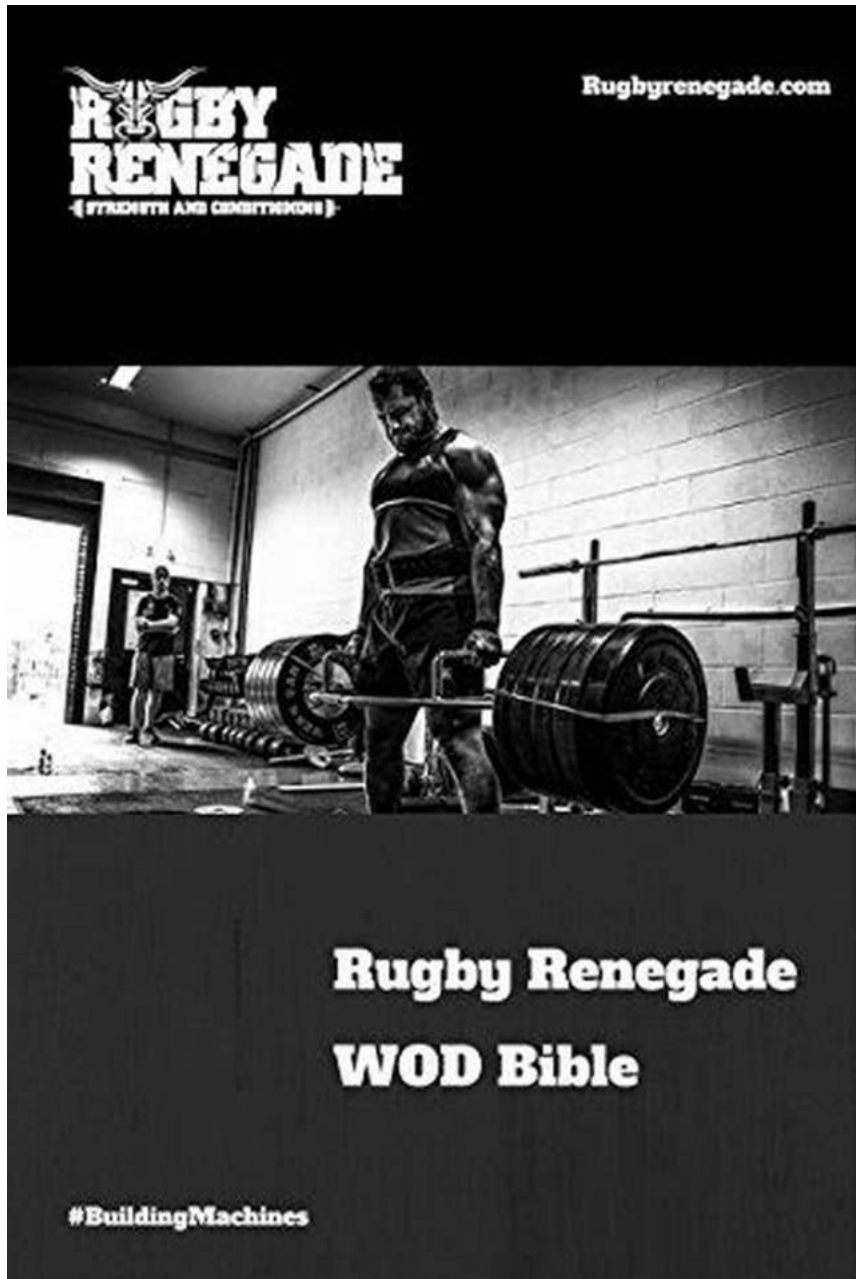
The Rugby Renegade WOD Bible is divided into four main sections:

1. **The Beginner's Guide:** Perfect for those just starting their rugby journey or looking to refresh their foundational knowledge.
2. **Strength and Power Workouts:** Targeting the key muscle groups and explosiveness needed to dominate on the rugby field.
3. **Speed and Agility Workouts:** Enhancing your quickness, agility, and footwork for better performance in game situations.
4. **Endurance and Recovery Strategies:** Building the stamina and resilience required to stay at the top of your game.

How to Get Started with the Rugby Renegade WOD Bible

Getting your hands on the Rugby Renegade WOD Bible is as easy as visiting their official website and making your purchase. Upon purchase, you'll receive instant access to the digital edition, making it convenient to start your training right away.

So, why wait? Elevate your rugby game today with the Rugby Renegade WOD Bible – the ultimate resource for rugby players who want to dominate on the field!

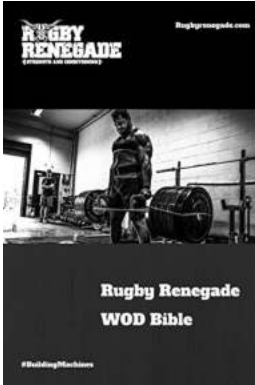


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This is a must for anyone wanting to get fitter for rugby! We share our most effective conditioning workouts including:

Running

WattBike

Rowing

Maximal Aerobic Speed

Swimming

No Equipment Workouts

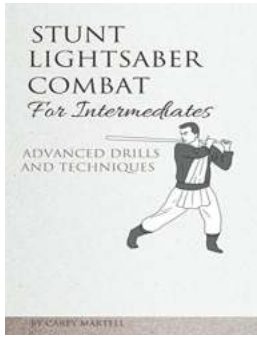
Barbell Complexes

Renegade Machine Maker (teaches you to write your own)

52 of our best WODs

Use it to write your own sessions or just hand pick our best sessions that we have used successfully in Pro Rugby and with Team Renegade.

It really is your conditioning Bible! #BuildingMachines



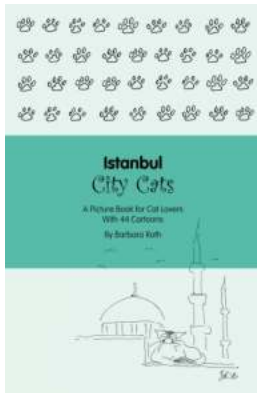
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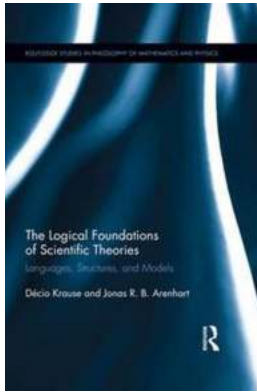
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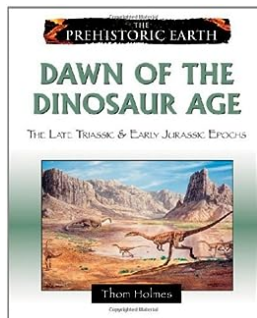
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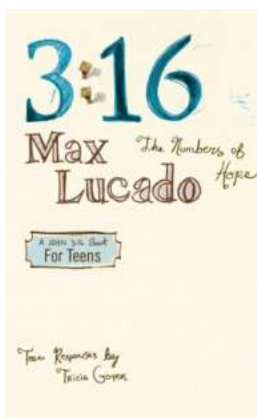
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