



# ARE YOU RUGBY FIT?



## What is the Rugby Fit Challenge?

Rugby League is one of the most physically demanding sports and this year Super League title sponsor, Engage Mutual, is challenging people to test their fitness by taking on the Rugby Fit Challenge.

The challenge has been developed by a Super League strength and conditioning coach and is based on the eight key attributes needed for rugby league fitness - **strength, power, agility, speed, hand eye co-ordination, aerobic endurance, anaerobic endurance and strength endurance.**

The exercises can be used as part of a regular rugby league training regime or incorporated into a gym training programme.

## Our Rugby Fit Challenge Ambassadors

Our Rugby Fit Challenge ambassadors are **Eorl Crabtree**, England International and captain of Huddersfield Giants and **Natalie Gilmour**, captain of England ladies and Featherstone Rovers.

Currently in his 12th year with Huddersfield Giants, 6ft 6in Eorl Crabtree has established himself as one of

the most powerful front rowers in the Engage Super League. He is also an established England international.

Natalie Gilmour, sister of Huddersfield Giants' Lee Gilmour, first started playing rugby league aged eight.

Currently a centre for Featherstone Rovers, she made her first international appearance in a 1998 tour of New Zealand. She is looking forward to 2013's World Cup before retiring.



Engage Mutual are not responsible or liable for any injuries sustained whilst attempting the exercises described in this leaflet. Ensure you warm up appropriately whenever you workout. You should consult your doctor before you start any exercise programme if you are not sure whether it is suitable for you.

## STRENGTH

needed to brush off a tackler or make a tackle

### THE TEST - BENCH PRESS:

Lie back on the bench in a relaxed position with your feet touching the ground and your shoulders touching the bench.

Grip the bar with your elbows bent.

Lift the bar and position it over the middle of your chest, lower the weight down to your chest and then push it back up – keeping your feet on the floor and bum on the bench. Inhale as you lower the bar and exhale as you push it up. The aim is to safely complete one rep with the heaviest possible weight. Complete three warm up reps before attempting the maximum weight.

Ensure that there are three spotters nearby.

Bench press should not be attempted by under 16s.



## POWER

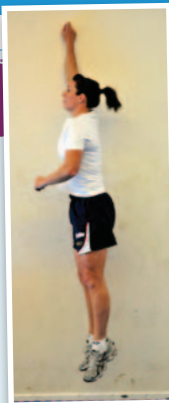
needed for sprint performance during match play as well as tackling

### THE TEST - VERTICAL JUMP

Against a wall, measure yourself with your arm extended upwards and mark the highest point with chalk.

Jump as high as possible and mark the wall.

The distance between the two marks is the vertical jump measurement – the aim is to create the biggest distance between the two.



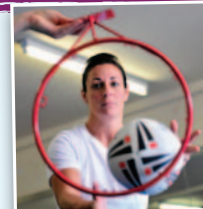
## HAND-EYE CO-ORDINATION

essential for catching and passing during match play

### THE TEST - THE PASS TEST

The participant is passed the ball, turns and then passes it through a hoop or tyre.

Pass as many balls as possible through the hoop in 45 seconds.



## ANAEROBIC ENDURANCE

needed for repeated bouts of intense work

### THE TEST - ROWING

Row with maximum effort for ten seconds, pause for 30 seconds – repeat 10 times.

Aim to cover the maximum distance in the time period.



## SPEED

needed to make you as evasive as possible to an opponent

### THE TEST - 10M SPRINT WITH BALL

Sprint as fast as you can over a 10m distance in the fastest time possible.



## STRENGTH ENDURANCE

needed for repeated bouts of strength based activity such as maintaining forward momentum during a tackle

### THE TEST - PULL UPS

Using a pull up bar, complete the maximum number of pull ups you can in 30 seconds.

If a pull up bar is not available, press ups can also be used as a test of strength endurance. Aim to complete as many press ups as possible in 30 seconds.



## AGILITY

needed to avoid being tackled by an opponent

### THE TEST - T-TEST

Using cones mark a T shaped area – five yards, by five yards, by ten yards.

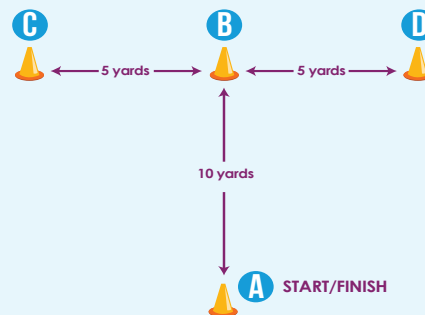
Start at cone A, sprint to cone B and touch it with your left hand.

Turn left, shuffle sideways to cone C, and touch its base with your left hand.

Then shuffle sideways to the right to cone D and touch the base with your right hand.

Finally shuffle back to cone B touching with your left hand, and run backwards to cone A.

Aim to complete the T in the fastest time possible.



## AEROBIC ENDURANCE

needed for the body to utilise oxygen for energy throughout the duration of a match

### THE TEST - THE BLEEP TEST

Set out a 20m course.

Using a bleep test CD run continuously up and down the course keeping in time with, or ahead of the bleeps for as long as possible.

