



Giant Sets for Fat Loss

John Lark

Ultimate Rugby Fitness System © John Lark 2008

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For information contact:

Sphere Fitness Studio

Dun Sion

Maynooth

Co.Kildare

Tel: 00 353 1 5052131

Fax: 00 353 1 6292852

Email: info@rugbyfitnesscoach.com

Website: www.rugbyfitnesscoach.com

Off-Season 4 - Giant Sets - Accumulation - All Over - Day 1

Order	Exercise	Sets / Reps	Tempo	Rest Interval
A1	Cleans (Power) - Floor	5 x 6-8	3010	30s
A2	Bench Press - Supine - DB - Neutral Grip	5 x 6-8	4010	30s
A3	Split Squat - Front Foot Elevated - DB	5 x 6-8	4010	30s
A4	Pull-up - Wide Grip	5 x 6-8	3010	30s
A5	Reverse Crunches	5 x 10	2020	30s

Notes

Warm up with the first two exercises (A1 and A2) only. Use the 5,3,2,1,1 scheme. Each number represents a repetition. Use 50%, 75%, 80%, 90% and 95% of the weight you anticipate to lift for both A1 and A2. Alternate between the two.

Exercise Description

Cleans (Power) – Floor

Keep bar close to you at all times

Bench Press - Supine - DB - Neutral Grip

Palms are facing each other

Split Squat - Front Foot Elevated – DB

Elevate forward foot 10-15 cm, drive the front knee as far forward as possible.

Pull-up - Wide Grip

Palms down, wider than shoulder width grip. Pull the clavicles to the bar

Reverse Crunches

Lie on back. Pull legs in towards chest and extent it away from body again. Use slow controlled movements.

Off-Season 4 - Giant Sets - Accumulation - All Over - Day 2

Order	Exercise	Sets / Reps	Tempo	Rest Interval
A1	Squat - Back Barbell - Heels Flat	5 x 6-8	4010	30s
A2	Row - Bentover - Barbell - Mid Pronated Grip	5 x 6-8	4010	30s
A3	Unclassified - Glute Hamstring Raise	5 x 6-8	3010	30s
A4	Back Extension - Horizontal - DB	5 x 6-8	3010	30s
A5	Low Abs (Garhammer) - Hanging	5 x 10	2020	30s

Notes

Warm up with the first two exercises (A1 and A2) only. Use the 5,3,2,1,1 scheme. Each number represents a repetition. Use 50%, 75%, 80%, 90% and 95% of the weight you anticipate to lift for both A1 and A2. Alternate between the two.

Exercise Description

Squat - Back Barbell - Heels Flat

Barbell on traps, feet shoulder width apart, toes pointed out 5°.

Row - Bentover - Barbell - Mid Pronated Grip

Shoulder width palms down grip; pull the bar to the waist

Unclassified - Glute Hamstring Raise

Full back extension to full knee flexion

Back Extension - Horizontal - DB

Press dumbbell at arms length before lowering

Low Abs (Garhammer) - Hanging

Feet turned inward, chin on chest, keep arms locked. Raise legs up as high as possible then lower it again without swinging