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"Rugby 4 All"



“Rugby is valued as a sport for men and women, boys, and girls. It builds teamwork, understanding, co-operation, and respect for fellow athletes. It is because of, not despite, rugby’s intensely physical and athletic characteristics that such great camaraderie exists before and after matches”.

usarugby.org

Rugby in the World: + 3.000.000 participants in 115 countries

Rugby in the Us: + 90.000 members

+ 350% participation since 2004

3rd fastest growing sport of the country.

Source lrb.com

Rugby... The Unique sport that combines

The Ferocity of Hockey

The High Jumps of Basketball

The Precision Slides of Baseball

The Power&Speed of Football

The Inventiveness of Soccer



Fit Rugby is a unique workout in the fitness world, and is the result of many years ‘hands on’ experience of two professional coaches who have dedicated their lives to athletic preparation and strength and conditioning in Rugby: Gianfranco Beda (Strength and Conditioning Coach - Petrarca Padova Rugby, Italian Champions 2010-2011) and Michele Bazzato (Strength and Conditioning Coach - Rovigo Delta Rugby, 2nd place Italian Championship 2010-2011).

The concept stems from their desire to incorporate the core values from the world of Rugby (Teamwork, Respect and Hard Work) into the fitness environment, offering a fun workout which promotes interaction between participants.

Thanks to **Fit Rugby**, Rugby will finally be available to all, regardless of age, sex or physical ability. Fit Rugby uses the same methods of preparation employed by professional teams, allowing thousands of people to try the techniques used by elite athletes playing in the 6 Nations or World Cup. With the sound of music, you’ll hardly feel the fatigue in this fun and intense gym session!

Fit Rugby’s highly flexible format means that it doesn’t matter if you’re a first-timer or super-fit, it will suit people from all levels of fitness who want to enjoy themselves while working out.



Fit Rugby can also serve as an introduction to Rugby, bringing new players (primarily children) closer to the sport in the easiest and most enjoyable format around.

Fit Rugby is highly recommended to all mini and junior coaches; providing a wide range of exciting, specific exercises. Entertainment and enjoyment are fundamental in physical activity for children.

RUGBY
CONDITIONING

With **Fit Rugby**, coaches will have the ability to better manage winter training schedules, learning how best to adapt to indoor facilities or restricted spaces.

Icons of Italian Rugby have already become instructors in this new discipline: Scott Palmer (Italy 12 caps), Marzio Zanato (ex Coach Italy U21), Roberto Bertetti (Italy 7's and Petrarca Padova Captain), Piero Dotto (Italy 4 Caps), Sara Barattin (Italy Women Scrum Half).

Coming soon to your gym, a new discipline that will surprise and amaze you...

Fit Rugby
Rugby 4 All





Target:

Looking for a fun workout
Rugby Players
Non Rugby Players
Women
Kids

Goals:

Communication
Cardiovascular Endurance
Muscular Strength and Endurance
Decrease Body Fat
Agility
Flexibility
Increase Fitness Performance

Format:

Specific Skills Warm Up
Quickness & Agility Training
Core Training
1vs1 Challenges
Group Games
Cool Down



Where:

Aerobic Studio
Park
Garden
Open Space

