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ABOUT MATT BARR

MATT BARR IS CURRENTLY THE DIRECTOR OF ATHLETIC PERFORMANCE WITH RUGBY CANADA, OVERSEEING THE STRENGTH AND CONDITIONING, SPORTS MEDICINE AND SPORT SCIENCE TEAM.



In addition to his work at Rugby Canada, he has also worked with the Toronto Argonauts of the Canadian Football League, York University, University of Manitoba, and the Canadian Sport Institute

Barr holds a PhD from Edith Cowan University, a Bachelor of Exercise and Sport Science degree from the University of Manitoba and a Masters of Science degree in Biomechanics and Coaching from Western University. Barr is a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association (NSCA); he is also a Level II Olympic Weightlifting Coach, certified with the National Coaching Certification Program of Canada (NCCP).



This rugby training program is designed for novice to intermediate-level players who aspire to play at a more competitive or professional level. It features a 7-day training split including weight training, speed work, mobility/stretching and match recovery.

Monday			
AM	SPEED SESSION	PM	POWER WEIGHTS
Tuesday			
AM	CLUB PRACTICE	PM	LOWER BODY STRENGTH WEIGHTS & EXTRA CONDITIONING
Wednesday			
AM	UPPER BODY STRENGTH WEIGHTS	PM	OFF
Thursday			
AM	POWER WEIGHTS	PM	CLUB PRACTICE
Friday			
AM	MOBILITY/STRETCHING	PM	OFF
Saturday			
AM	RUGBY MATCH	PM	CONTRAST WATER IMMERSION
Sunday			
AM	OFF	PM	POOL SESSION MOBILITY

The following pages detail the specific exercises to perform for each training session. To determine work volume, use the reps and sets numbers listed at "Performance" for each exercise.

DISCLAIMER: THIS WORKOUT MIGHT NOT BE RIGHT FOR YOU. ALWAYS CONSULT A PHYSICIAN BEFORE PERFORMING ANY OF THESE EXERCISES.

SPEED SESSION

SLED SPRINT

Load the sled to your desired. weight and attach the harness around your waist. Face away from the sled and walk until the attachment becomes tense. Assume a "ready position" with knees and arms bent, and torso hinging forward. When ready to begin the move, sprint explosively in the direction away from the sled, as if you were running without it in tow.



TIP: Begin the action with vour head down facing the ground for two to three strides until you've broken the sled friction.

CONVENTIONAL SPRINT

Set a distance marker to 20 or 40 metres away from your start location, as the case may be. Crouch down into the start position with your torso nearly parallel to the floor and head down. Split your feet moderately wide and bend both your arms with one in front of you and the other drawn back. When ready to begin, explode forward and sprint as quickly as possible toward the target marker.

TIP: Develop the feel of not just pushing with your back foot, but also pulling with your lead foot on each stride.



POWER WEIGHTS

POWER CLEAN

Approach a barbell that's resting on the floor and assume a shoulder-width stance as close to the bar as you can get. Grasp the bar with an overhand grip just slightly wider than your shoulders with arms extended Press into the floor with your feet and powerfully thrust the weight upward in a vertical plane immediately adjacent to you. Catch the bar at the level of your collar. using only a slight knee hend. Return the bar to the floor along the same path.



TIP: Begin the ascent with your hips and shoulders in synch, then midway extend your hips explosively.

POWER SNATCH

Approach a barbell that's resting on the floor and assume a stance that's wider than your shoulders with toes pointed outward. Squat down until your thighs are narallel to the floor and grasp the bar with a very wide overhand grip, almost all the way out to the collars on each side. In one explosive action, press into the floor with vour feet and hoist the weight vertically overhead, catching the bar without the squatting action found in a full snatch. Return the har to the floor

TIP: This athletic move requires great coordination. Practice with relatively light weights to develop muscle memory.



TRAP BAR JUMP SOUAT

Load a trap bar to your desired weight and stand within the interior hexagon. Grasp the high handles using a neutral grip with arms extended while hinging forward from your hips. Push your butt outward behind you and bend your knees while rolling your shoulders slightly back. Before the full ascent, press into the floor very slightly to raise the bar an inch. Pause and then extend your legs explosively to iump vertically.



BARBELL JUMP SOUAT

Load a bar resting in the power rack to your desired weight. Walk underneath the bar and then grasp if with an overhand grip that's wider than your shoulders. With the bar on your traps, walk two paces backward. Separate your feet to shoulder width and keep your chin up. Descend into a half squat by flexing at your knees, then explosively reverse the motion by pressing into the floor and jump vertically with the bar fixed in position.

TIP: This is a hipdominant move. rather than your knees: begin the squat by flexing your hips first, and make sure to have them absorb the impact upon landing.



POWER JERK

Grasp a loaded barbell using an overhand grip at a width slightly beyond your shoulders. Draw the bar upward to the height of your collarbone while rolling your hands underneath the bar such that it rests in your fingers. Separate your feet to shoulder width, keep your head level and bend your knees slightly. When steady, descend into a half squat and then explosively reverse the action by pressing into the floor with your feet. Once the bar is overhead, press it to full arm extension, but do not descend into a squat as in the full jerk.

TIP: After the catch, it's a good idea for your feet to break contact with the floor and separate a little wider upon landing.





BENT-OVER ROW

Load the bar to your desired resistance and rest it on the floor. Approach it such that your shins are immediately adjacent to it and separate your feet to shoulder width. Grasp the bar with an overhand grip and arms extended, a little wider than your shoulders. Bend your knees while hinging forward from your hips. Row the bar into your sternum, then reverse the motion but do not rest the bar back on the floor until you've completed a set.

TIP: During the rowing action, keep your back in a fixed position about parallel to the floor.

PERFORMANCE: 8 X 4 SETS





TIP: This exercise can be performed with any grip variation (overhand, underhand or neutral) to hit your target muscles from different angles.

PERFORMANCE 8 X 4 SFTS

SEATED ROW

Sit on the bench facing the apparatus and place your feet on the plates. Rather than having your legs fully extended, bend your knees about 30 degrees. Keeping your back straight, reach forward to grasp the handles attached to the cable and anchor yourself. Pull the handles in toward your upper abdominal area, while concentrating on isolating your back (avoid pressing into the plates with your feet). Return the handles along the same path back to the start.

LOWER BODY STRENGTH WEIGHTS

Set a bar on a rack to just below the level of your shoulders. Load the bar to vour desired weight and then set up underneath it, with the bar at the height of your traps. Grasp the bar with a wide overhand grip and unrack it by stepping backward. Separate vour feet to a little wider than your shoulders. Descend by flexing at the knees until your guads are parallel to the floor. Explosively press into the floor and raise back up to the start.

TIP: It's important to keep your head level throughout the action; don't let your chin drop in order to watch your direction.





Load a trap bar to your desired weight and stand within the hexagon. Separate your feet to shoulder width and bend your hips and knees to reach down and grasp the handles with both hands using a neutral grip at arm's length. Keep your back straight and head in line with your spine. Press forcefully into the floor by extending your legs in order to raise upward with the bar in tow. Continue until vou're standing upright, reverse and repeat.

TIP: Remember not to pull the bar with your arms; they are simply there as fixed supports and should remain elongated.

BARBELL STEP-UP

Upon loading a bar to your desired resistance, assume the start position of a squat with the bar resting across your traps. Spread your hands wide for stability, holding onto the bar with an overhand grip. Approach a short platform or portable steps and stand tall adjacent to it. When steady, raise your front leg and step up onto the platform, bringing vour back leg upward, and then stand tall on the platform. Reverse the motion to return and reneat.

TIP: Be aware of the weight on your back and appreciate you won't be able to step to as high a level as when you're not carrying additional resistance.





SLED PUSH WITH DRIVE PADS

Load a sled with your desired weight. Approach the apparatus this time from behind and square your shoulders in line with the drive pads, then grasp onto the poles using a neutral grip in each hand. Set up the rest of your body into an athletic, lowdriving position wherein your back is roughly parallel to the floor. Upon starting the action, imagine vou're in a short sprint and explosively push the sled forward as quickly as you can.

TIP: Keep your back and arms fixed; the only moving body parts are your legs.



GOOD MORNING

Stand under a barbell such that it rests on your traps. Stand tall and separate your feet to just a little wider than your shoulders. Hold onto the bar with an overhand grip and keep your elbows behind the plane of your torso. With your legs constantly fully extended except for a slight break at your knees, push your hips and butt backward and descend until your back is almost parallel to the floor. Reverse the direction to return to the start.

TIP: Remember to keep vour heels down: avoid raising onto your toes in the peak position.

GLUTE HAMSTRINGS RAISE

Set up by kneeling on the apparatus and slide your calves under the roller pads. Position your lower thighs against the front pads and remain unright, save for the 90-degree bend at your knees. Cross your hands together in front of your chest and prepare for the descent. When ready, lean forward by nushing your toes into the pad and keep vour back straight while you descend until parallel to the floor. Pause for a split second then raise back un-

TIP: To ensure there's no dip in your upper body, avoid initiating the ascent with vour huft.



MATT RECOMMENDS:

BODYLOGIX® MICRONIZED L-GLUTAMINE

You've heard the expression 'going the extra mile'? This is what the amino acid L-Glutamine can do for you. Glutamine plays a significant role in the repair and recovery of your muscles after exercise. Don't miss out on this super amino that helps take your gains to a higher level and ultimately makes you perform better on the rugby pitch.



Each scoop contains 5,000 mg of non-GMO, pure micronized L-Glutamine which is easily assimilated into your favourite beverage or cold water. Consume this helpful supplement once each day and immediately following a workout or rugby match.

UPPER BODY STRENGTH WEIGHTS



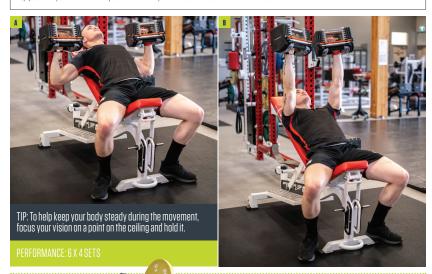
BENCH PRESS

Load the racked bar to your desired weight and lie facing up on the bench, with your eyes underneath the bar. Draw your shins back to 90 degrees or more from your quads and keep your feet squarely on the floor, separated wide. Grasp the bar with an overhand grip about 1.5 times the width of your shoulders. Unrack the har raise it to arm's extension. then lower the bar to your lower necs. Pause for a split second then press the weight overhead.

TIP: Retracting your shoulder blades and saueezina vour butt sharply creates a great support "bridge" to assist lifting heavier weights.

DUMBBELL INCLINE BENCH PRESS

Use an adjustable bench for this move and set it to a 45-degree angle. Grasp a dumbbell in each hand using an overhand grip and sit in the chair with your back against the pad. Spread your feet squarely on the floor for stability and keep your head in line with your spine. Draw the weights up close to your collarbone, hold, and then forcefully press them in a vertical plane overhead. In the top position your arms will be just short of fully extended. Pause and return to the start.



Load a bar and grasp it with an overhand grip a little wider than your shoulders. Stand upright with feet separated to the width of your hips and draw the weight upward to your collarbone. Break the extension in your knees and descend into a half-squat position. From here, explosively extend your knees and hips to raise up, then continue the ascent of the bar by pressing it overhead until your arms are fully extended.

TIP: The correct vertical plane for the path of bar travel is over the middle of your feet.

CHIN-UP

Position vourself hanging from a chin-up bar using a shoulder-width underhand grip with your elbows fully extended and body elongated. In this start position, your lats should be relaxed. When ready to perform the move, pull vourself unward and raise high in a vertical plane until your collarbone is adiacent to the har. Pause for a solit-second. then lower along the same path using control back to the start.

TIP: You may wish to cross vour ankles and bend vour knees 90 degrees to help prevent swaying (or if the bar isn't high enough to perform this move at your height).



PULL-UP

This move is a variation of the aforementioned chin-un but employs an overhand (pronated) grip which can range from a little outside your shoulders to quite a lot wider. In the same way as the chin-up, position vourself hanging from the bar with body elongated. Pull yourself upward until your upper chest comes very close to contacting the bar, Pause for a split-second, then lower under control

TIP: Remember to keep your elbows tucked close to your sides; don't let them flare out during the action.

MATT RECOMMENDS:

BODYLOGIX* NATURAL ISOLATE

Stronger muscles perform better: there's no two ways about it. If you're serious about succeeding at rugby, fitness or any other sport, you'll want to make sure your muscles recover from training and competition as efficiently as possible. That's why Bodylogix® formulated it's natural whey isolate complete protein. This is not just any protein; it's derived from high biological value whey isolate. Natural Isolate protein from Bodylogix® will help make you a winner by delivering 25 grams of quality protein per serving, including 5.7 g of BCAAst



Enjoy with your favourite beverage or cold water. Mix one scoop in a shaker or blender or change up your routine and try it within a new recipe.





KETTLEBELL PRESS

Feed your working hand through the horn of a kettlebell and grasp it with an overhand grip. Stand erect with your core tight and separate your feet to shoulder width. Bend your knees slightly for stability and draw the horn of the bell up to your collarbone. When ready, press the bell vertically until your arms are just short of locked out overhead. Pause briefly, then lower the weight back to the start position.

TIP: If you find balance to be challenging, you may extend your non-working arm outward slightly to prevent any undue swaying.

RUGBY NUTRITION

GOOD NUTRITION WILL NOT REPLACE TALENT AND HARD WORK. IT WILL, HOWEVER, HELP YOU TO GET THE MOST OUT OF YOUR TRAINING AND BE BETTER PREPARED FOR YOUR NEXT GAME.



The key to good nutrition lies in the opportunity: if you consider the number of times you train in a year to improve your performance on-field, think about the number of times you eat in a year. You could be using each of those times as chances to get stronger, faster and healthier

Training demands can vary week-to-week and throughout the season, so players should aim to adjust their eating habits accordingly. Since carbohydrates are the main source of energy for your brain and muscles, you will need more when you are training harder and more frequently. Fill your plate with more carbohydrate-rich foods such as whole grains, starchy vegetables and fruit during intense training days and on the days before a game. Athletes also require more protein in their diet to help build and repair damaged muscles. The body uses protein best when it is spread evenly throughout the day, so make sure you include protein-rich foods such as meat, eggs, nuts and seeds, dairy, and soy products at each meal and while snacking. Including a variety of brightly coloured vegetables and fruit through your day will help to support recovery and immune function to keep you healthy.

RUGBY NUTRITION

TIMING IS KEY

EATING THE RIGHT FOODS AFTER TRAINING HELPS TO HEAL YOUR MUSCLES, MAKING THEM STRONGER FOR THE NEXT WORKOUT.

Aim to eat a recovery meal or snack that includes both carbohydrate- and protein-rich foods such as yogurt with whole grain cereal and fruit, within an hour of finishing training. If you have a shorter window of time to recover, including days when you train more than once, aim to eat as soon as possible after practice.



Rugby matches require repeated high-intensity efforts and mental energy for quick decision making. On match-day, aim to have a meal about 3-4 hours before that includes carbohydrate and some protein such as a wrap with chicken and vegetables and a side of fruit. During half-time, the goal is to quickly top-up energy stores. You can do this with easy-to-digest carbohydrate-rich snacks such as bananas, apple sauce, pretzels, digestive cookies, or sports drink.

OPTIMIZING RECOVERY

AS A SPORT THAT DEMANDS INTENSE PHYSICAL EFFORT, TOUGHNESS AND ENDURANCE, RUGBY REQUIRES EFFICIENT AND COMPREHENSIVE RECOVERY, BOTH FROM THE TRAINING INVOLVED AND THE MATCHES THEMSELVES. OPTIMIZING RECOVERY TO ENSURE GREAT PERFORMANCE AT YOUR NEXT MATCH IS A MULTI-FACETED ENTITY INVOLVING PASSIVE RECOVERY, ACTIVE RECOVERY AND SUPPLEMENTATION.

PASSIVE RECOVERY

The foundation of recovery is based on your body's natural ability to heal when you're inactive (i.e. that is, while you're sleeping). This is the time when your body repairs itself, your metabolism restores, and you produce growth hormone (GH). Playing rugby demands that you get additional sleep to allow your tired muscles to recover and re-build. Many elite-level players take advantage of a brief 30-minute nap during the day in order to initiate a second shot of GH. Drinking adequate amounts of water is a way to help reduce inflammation and make your muscle recovery more efficient.

Your takeaway: Achieving quality sleep and drinking extra water are easy means

ACTIVE RECOVERY

As the name suggests, this realm of recovery involves things you can do actively. Rugby Canada suggests a "Contrast Water Immersion" protocol to be employed on the same day after a match is completed. Players combine the use of a hot tub and an ice bath in order to help reduce inflammation and lactic acid immediately. A player will immerse their body as fully as possible in the hot tub for two minutes, then immediately immerse their body in the ice bath for two minutes; this is one round. Each player will partake in four rounds.

Another form of active recovery is "Pool Session Mobility" in which players will perform a battery of gentle movements in the water in order to stretch muscles and keep them loose. Typically, this is performed the day following a match. Dry stretching and walking are other forms to help speed up recovery actively.

Your takeaway: The many options for active recovery can be employed strategically to lessen pain and soreness from

OPTIMIZING RECOVERY

SUPPLEMENTATION

If you're serious about optimizing recovery to improve future performance, consuming specific supplements can play an integral role in achieving such recovery. Quality protein is the cornerstone for helping tired muscles recover and re-build. Branch chain amino acids (BCAAs) are particularly effective in helping build muscle. Glutamine is the most abundant. amino acid in the protein complex and consuming it daily can be an effective tool for rugby athletes to recover more efficiently.

In order to take preventative measures against muscle weakness, creatine can be very effective. Recent studies have also shown that post-match (or post-workout) creatine supplementation may be even more effective than prior to activity.

Your takeaway: Don't leave



ABOUT BODYLOGIX®



AT BODYLOGIX®, WE BELIEVE IN LIVING LIFE WITH PURPOSE. WHEN IT COMES TO FUELLING YOUR BODY, WE BELIEVE THAT YOU GET OUT WHAT YOU PUT IN. YOU DESERVE THE BEST, SO YOU CAN BE AT YOUR BEST ON GAME DAY AND EVERY DAY.

We also believe in clean ingredients, trusted testing and certification, and performancedriven nutrition. This is our motto and it's how we approach all of our products.

CLEAN.

We are dedicated to clean, natural ingredients and supplement purity. Our products are non-GMO, gluten-free and made without artificial colours, flavours and sweeteners. Free from hidden ingredients, we produce only the highest quality products. Clean nutrition never tasted so good.

TRUST.

Because transparency is of the utmost importance, our facility is an NSF-registered GMP facility and our products are independently certified by NSF, a world leader in third-party testing. This certification ensures product quality. Only the ingredients on the label are what you'll find inside the bottle – and nothing else!

PERFORMANCE.

With clinically studied ingredients, our performance-driven nutrition is designed to help you achieve maximum results and peak output. Support your training and fitness goals with our cutting-edge quality formulas.





NATURAL ISOLATE

25 g Whey Protein Isolate 90*

Over **5.7** g BCAAs*

Og Sugars*

110 Calories*

Flavours: Vanilla Bean and Decadent Chocolate

MASS GAINER

30 g Multisource Premium Proteins*

6.9 g BCAAs*

Clean Lipid and Carbohydrate Blends

550 Clean Calories*

Flavours: Vanilla Bean and Decadent Chocolate





MICRONIZED CREATINE

5,000 mg Creatine Monohydrate*

Builds Lean Muscle and Increases Strength

Improved Solubility and Absorption

Vegan and Gluten Free

No Fillers, Additives, or Excipients

Flavour: Unflavoured

MICRONIZED L-GLUTAMINE

5,000 mg Fermented L-Glutamine*

Supports Immunity

Supports Muscle Recovery

Vegan and Gluten Free

No Fillers, Additives, or Excipients

Flavour: Unflavoured

* Per Serving

Nutrition facts are for products shown. All other facts and flavours may vary. All flavoured product is made without artificial colours, flavours or sweeteners

THIRD-PARTY TESTING

THIRD-PARTY TESTING IS ASSOCIATED WITH SUPERIOR BRANDS TO GIVE YOU PEACE OF MIND. THIS PROCESS MAKES SURE THAT YOU RECEIVE ALL THE QUANTITIES AND QUALITIES OF INGREDIENTS THAT YOU'RE PAYING FOR.



NSF INTERNATIONAL

WHEN IT COMES TO QUALITY AND SAFETY CERTIFICATIONS FOR PUBLIC HEALTH PROTECTION, NSF INTERNATIONAL IS THE GOLD STANDARD.

In the world of sports nutrition, all supplements are not created equal and all manufacturers are not held to the same standards as other industries. Bodylogix® voluntarily opts to pursue NSF International's Contents Tested & Certified product certification



GOOD MANUFACTURING PRACTICES

WITH TODAY'S FOCUS ON HUMAN HEALTH AND WELL-BEING, NSF MEETS THE NEEDS OF SAFETY AND QUALITY FOR THE DIETARY SUPPLEMENTS INDUSTRY. NSF ENSURES PRODUCT AND INGREDIENT SAFETY, GIVING BOTH INDUSTRY AND CONSUMERS PEACE OF MIND THROUGH GOOD MANUFACTURING PRACTICES (GMP) COMPLIANCE, ACCREDITED CERTIFICATION PROGRAMS, TESTING SERVICES, AND TRAINING CAPABILITIES.

GMPs are guidelines that provide a system of processes, procedures, and documentation to guarantee that a product has the identity, strength, composition, quality, and purity that appear on its label. Bodylogix® protein products have been NSF Contents Tested and Certified, so consumers can trust that each supplement has been produced in a GMP registered facility, tested to verify label claims, and verified for potency and purity. All Bodylogix® products are made with quality ingredients. Every single time.



Available at Retailers across Canada

www.bodylogix.ca/pages/where-to-buy-in-store









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