

# Longton RUFC – Weights Programme



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## Pre-season Weights Programme (3 DAYS)

### **Day 1 lift**

Core warm-up – 3 x 12 abs and low back  
Hang clean 4 x 6  
Back squat 4 x 6; complex with 6 squat jumps after each set.  
DB/BB bench press 4 x 6  
Pair with leg curls 4 x 8  
DB S/A bent over row 4 x 6  
Arms & traps circuit x 3

### **Day 2 lift**

Core warm-up – 3 x 12 abs and low back  
DB snatch 4 x 3  
Front squat 4 x 4  
DB shoulder press 4 x 8  
Paired with Deadlifts or DB RDL 4 x 6  
Chin-ups 4 x failure  
DB forward lunge 4 x 10 each leg

### **Day 3 lift**

Core warm-up – 3 x 12 abs and low back  
Power clean 4 x 6  
Back squat or leg press 4 x 6; complex with 6 split lunge jumps after each set  
DB/BB incline bench press 4 x 6  
Pair with swiss ball hamstring curls 4 x 10 each leg  
BB row 4 x 6  
Push/ Pull circuit x 3

## In-season Weights Programme (2 DAYS)

### **Day 1 lift**

Core warm-up – 3 x 12 abs and low back

Hang clean 4 x 6

Back squat 4 x 6; complex with 6 squat jumps after each set.

DB/BB bench press 4 x 6

Pair with leg curls or swiss ball hamstring curls 4 x 8

DB S/A bent over row or BB row 4 x 6

Arms & traps circuit x 3 or Push/pull circuit x 3

### **Day 2 lift**

Core warm-up – 3 x 12 abs and low back

DB snatch 4 x 3

Front squat 4 x 4

DB/BB shoulder press 4 x 8

Paired with Deadlifts or DB RDL 4 x 6

Chin-ups 4 x failure

DB forward lunge/ Step ups or Pitcher squats 4 x 10 each leg

### KEY

DB= dumbbell

BB= barbell

S/A= single arm

RDL= romanian deadlift

If you are unsure about any of the exercises in the plan, follow the link below and go to section 4. Type in the name of the exercise and it will give you pictures and detailed step by step instructions.

<http://www.bodybuilding.com/fun/exercises.htm>