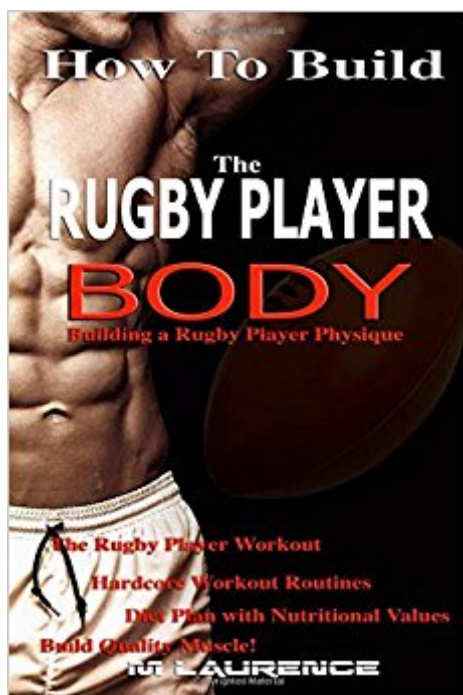


The book was found

How To Build The Rugby Player Body: Building A Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan With Nutritional Values, Build Quality Muscle



Synopsis

If you want to Build Muscle, Lose Fat and look like a Rugby Player without steroids, good genetics, or throwing precious time and hard-earned money down the drain at the gym...then read on. We've all seen the fantastic physiques on show at the Rugby World Cup, Rugby League and Rugby Union - huge thighs, the big chest, wide back and bulging arms. But it's the aesthetics - the whole body looks tight, compact, powerful, and yet not overly bulky or ripped. That is the type of physique that gets attention and if you're interested in creating that physique than i can help. This is a full 2 week training and diet manual that you simply follow and repeat. It is varied enough for you to keep using forever and to manipulate if you see fit. The book contains: 26 Chapters jammed full of training regimes and dietary plans 12 full muscle bulging workouts to manipulate to continually experiment with that trains the entire body twice over the 2 weeks All 2 weeks of diet and nutrition including protein shakes Laid out simply for at-a-glance if you're on the go at the gym or training at home.

--Firstly... I keep things simple - no B.S rubbish about doing LESS training and eating LESS and how there is some SECRET holding you back. How did the bodybuilders in the 60's and 70's look so great? Training frequency and nutrition. How and what - that's the only secret. But you've probably been doing some of the things right but not all - that's where this book can help you. I focus on 3 simple cornerstones... --Training Frequency Don't worry you don't need to follow months of weird training routines - mine is two weeks - and repeat. A hard and heavy week one - followed by a lighter week two, but we still hit hard. Muscles are shocked into growth in week one and recover in week two. I lay out all the routines 'at-a-glance' for quick checking on your phone or tablet while at the gym. --BodyFat Through the intensity of the workouts and the nutritional plan we are going to reduce your body fat. Why? Your Testosterone is utilized at it's best when you have a lower body fat percentage. --Nutrition Nutrition is considered the most important part of building muscle. If the nutrition is incorrect then it doesn't matter how impeccable your training routines are, you will not progress. I'm sure you have an idea about nutrition, but I'm here to give your knowledge a little boost. You've heard of high protein, carbohydrates and healthy fats? But what is the most effective foods to eat to get those essential nutrients. I include a days meal plan with every day of training. Finally... I also go into the tips for maximizing size including what supplements to use and when. I also go into tips for maximizing training intensity - Supersets and TUT. This is all about power and guts - it's time to create that Rugby Player Body that you always wanted. Imagine you in a 3 months time and people complimenting you on how you look? Let's make a change and get started! No more wasted workouts - check out this 26 chapter rugby player workout training guide and get building size!

Book Information

Paperback: 55 pages

Publisher: CreateSpace Independent Publishing Platform (May 4, 2016)

Language: English

ISBN-10: 1533081247

ISBN-13: 978-1533081247

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 9 customer reviews

Best Sellers Rank: #181,943 in Books (See Top 100 in Books) #16 in [Books > Sports & Outdoors > Other Team Sports > Rugby](#) #229 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

Very little here. The good idea fairy whispered "self publish my workout plan, ya, great idea!" Try Joseph Correa's The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition, or even 2007 Rob Price's Ultimate Guide to Weight Training for Rugby. Both books are well steeped in fundamentals, science, and knowledge of what rugby requires. M. Laurence's vanity project has very little value or depth.

Not helpful. Typos everywhere.

I am not relying on the diet, but the workout is great. I wish the option to upgrade the exercises in the future was described, so you will need to use your knowledge to keep the workout up-to-date. Otherwise, it delivers.

Waste of money. Not even properly proof-read.

Not quite what I was looking for. It is a great book if all you want are menus and workouts

Solid training tips, workouts, and diet. Definitely happy with this little book!

The content in terms of workouts is fine, however there are a series of grammatical and spelling errors.

A good reference on training and working. Worth a read to take notes from as well. Doing gym work now an the off season.

[Download to continue reading...](#)

How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Lab Values: 82 Must Know Lab Values for Nurses: Easily Pass the NCLEX with Practice Questions & Rationales Included for NCLEX Lab Values Test Success (Lab Values for Nurses, NCLEX Lab Values) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) The Nature Physique: Easy Breezy Abs: (The #1 Guide on How to Easily Achieve a Six Pack) (Nature Physique Fitness Book 2) The Nature Physique: Bodyweight + Resistance Band Exercise Guide: (The #1 Guide on How to Look Great Without a Gym) (Nature Physique Fitness) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Rugby Classics: Total Rugby: Fifteen-a-side Rugby for Player and Coach Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) The Lean Muscle Diet: A Customized Nutrition and Workout Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life! Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance

Training Exercises (burn fat, abs, muscle building, exercise workout 7) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)