

**Touch rugby**  
**Core '10'**

	Exercise	Set/rep	technique
1.	Lateral plank up on your forearm	2 sets x20 ea side	Lift the top leg. Drop and repeat Keep the core tight
2.	Twist sit ups	2x20	Ball/ dumbbell in hands. Sit angles back at 45deg. Rotate left and right .touch the ball down around the hips
3.	Ball push ups	40 total	Vary the position of ball and hands
4.	Dumbbell squat	2 sets of 20ea leg	Stand on one leg . Reach to the ground with the opposite hand , bend the knee and keep the back flat. Return the dumbbell back up to your hip as you stand up
5.	Lateral shuttle	3 sets x20	About one arm span apart, Jump laterally , tap heels together and repeat .Hand touches the ground each side
6.	Super skips, bounding and one leg hops	3 sets of 10 of each on each leg	Highest skip you can do...big bound from one foot to the next...then hop on one leg as big and far forward as you can
7.	Rotator cuff dumbbell	2 sets of 20 ea arm	Lying on your side with the elbow at 90deg tuck and hold a towel under your armpit . rotate the forearm up and down
8.	twisters	2 sets of 20ea leg	Use a cable/bungy off to one side or dumbbell , stand on one leg and rotate left and right.
9.	Quadruped plank	20 each side	On forearms and toes . Lift the opposite arms and leg
10.	Split squat jump Over the ball	4sets x 20	. ball placed behind the front foot , jump up and switch feet straight over the ball Both Hands reach down and touch the ball each time