

The Rugby Audit

Find your weaknesses to change your
game on the field



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How to use

Test yourself on the different tests and add up your score of levels you get

I have chosen specific exercises that have shown benefit for you to gain confidence strength and speed on the field...

Position:

Age:

Years played:

Weight / Body fat %:



Strength testing

Mid grip bench reps at (Body weight, How many reps can you get with your body weight on the bar) or do Push up max reps

Level 1 is 1 rep with body weight on bar

Level 2 is 5 reps with body weight on bar

level 3 is 10 reps with body weight on bar

level 4 is 20 reps with body weight on bar

Chin up supinated grip chest to bar

Level 1 is 1 rep with body weight

Level 2 is 5 reps with body weight

level 3 is 10 reps with body weight

level 4 is 20 reps with body weight





Handstand

Level 1 is hold on the wall for 30 seconds

Level 2 is hold on the wall for 1 minute

level 3 is hold no wall 15 seconds

level 4 is hold no wall 30 seconds

Squat heels elevated high bar (How many reps can you get with your body weight on the bar)

(one of my most important lifts for knee health, longevity and leg drive)

Level 1 is 1 rep at body weight on the bar

level 2 is 6 reps at body weight on the bar

level 3 is 12 reps at body weight on the bar

level 4 is 20 reps with bodyweight on the bar



Bar hang time

Level 1 is hold on for 30 seconds

level 2 is hold on for 1 minute

level 3 is hold on 1 hand 15 seconds

level 4 is hold on 1 hand 30 seconds

Squat heels elevated high bar (How many reps can you get with your body weight on the bar).

(one of my most important lifts for knee health, longevity and leg drive)

Level 1 is 1 rep at body weight on the bar

level 2 is 6 reps at body weight on the bar

level 3 is 12 reps at body weight on the bar

level 4 is 20 reps with bodyweight on the bar

Nordic curl

Level 1 can do the way down only

Level 2 can do 1 nordic down and up

Level 3 can do 1 nordic hands on head

level 4 can do 3 nordics hands on head and not touch the ground

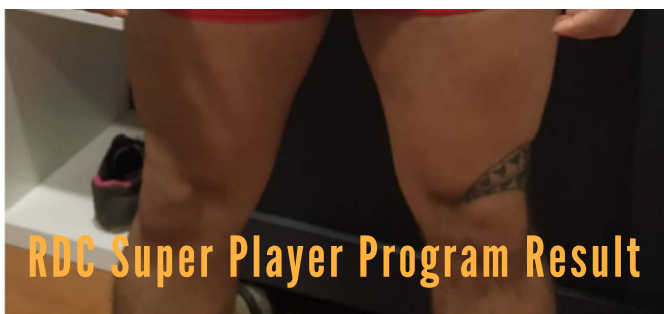
L-sit

Level 1 can hold L sit 15 seconds

Level 2 can hold L sit above 90 degrees 30 seconds

Level 3 can hold L sit above 90 degrees 1 minute

level 4 can hold L sit with 1kg weight between feet



Mobility tests

If you want to feel good and stay as injury free as possible being able to move into better of ranges of motion is a must... Here are just some of the key RDC mobility targets

Couch stretch

Level 1 can hold a stretch at 45 degree angle in knee

level 2 can hold stretch at wall for 10 seconds each leg

Level 3 can hold stretch but to wall back flat for 1 minute each leg

Level 4 can hold at the wall with ease for 2 minutes



Split squat

Level 1 can get down to the botto with knee over the toe just back leg not straight

level 2 can get to the bottom with the back leg straight

Level 3 deep split squat now holding weight

Level 4 Split squat holding body weight 3 reps each side

Reverse Nordic

Level 1 To get half way down and back up

level 2 to get just above the ground

Level 3 to the ground and back up once

Level 4 to get to the ground and back up 10 times



Add up your score

Add up your total score out of

/ 44

44 is very achievable if you're interested in playing your best footy..

If you want to feel fit and mobile on the field you need to move well..

I help people make sure they can achieve all 44 PLUS more of the RDC tests. The RDC super player program will make you faster, stronger & fitter then you have ever been.

Reach out to Rugbydevelopmentcoach on instagram for more information

Disclaimer

Every person should consult their physician before starting any exercise program or changing their diet. They acknowledge that they understand the risks of injury they may incur by using the gym and its equipment. Rugby development coach takes no responsibility for any injury caused.



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