

# 12-Week Rugby-Conditioning Hybrid Program

This program blends your current strength training routine with Springboks rugby conditioning principles, targeting fat loss, power, agility, and overall athletic performance. The plan is divided into 3 progressive phases over 12 weeks.

| Phase   | Weeks | Focus                        |
|---------|-------|------------------------------|
| Phase 1 | 1–4   | Foundation & Aerobic Base    |
| Phase 2 | 5–8   | Power & Anaerobic Capacity   |
| Phase 3 | 9–12  | Peak Conditioning & Fat Loss |

| Day       | Focus   |
|-----------|---|
| Monday    | Upper Strength (Chest + Biceps) + Steady-State Cardio |
| Tuesday   | Shoulders + Traps + HIIT                              |
| Wednesday | Core + Aerobic Conditioning + Mobility                |
| Thursday  | Back + Calves + HIIT                                  |
| Friday    | Legs + Agility/SAQ                                    |
| Saturday  | Power & Conditioning Circuit                          |
| Sunday    | Rest / Active Recovery                                |

## Example Week (Phase 2)

**Monday:** Bench Press 5x5, Incline Bench 3x8, Machine Bench 3x8, DB Pec Fly 2x12, Pinwheel Curl 2x5, Barbell Curl 3x10, 30 min step master @ 65–70% HR.

**Tuesday:** Barbell Press 5x5, Arnold Press 3x8, Cable Raise 3x8, Close Grip Bench 2x5, Dips 3x8, HIIT: 8x 30s sprint (12–14 km/h) / 60s walk.

**Wednesday:** Weighted Plank 4x30s, Hanging Leg Raise 4x12, Side Plank 3x30s each, 30 min rowing steady pace, 10 min mobility.

**Thursday:** Deadlift 5x5, Lat Pulldown 3x12, Hammer Pull 3x8, Cable Row 2x40, Seated Calf Raise 3x15, HIIT treadmill as Tuesday.

**Friday:** Squat 5x5, Hip Thrust 3x8, Leg Press 3x8, Leg Extension 3x10, Leg Curl 3x10, Agility ladder & shuttle sprints (~15 min).

**Saturday:** Hang Clean 4x5, Push Press 4x5, Jump Squats 3x8, Sled Push 20m x 4, Med Ball Slam 3x10.

**Sunday:** Rest / Active Recovery.

## Expected 12-Week Outcomes

- Visceral Fat Level: 7 → 5 or below
- Subcutaneous Fat %: 17.4% → 13–14%
- Body Fat %: ~20% → ~14–15%
- Strength: Maintain or improve in main lifts
- Aerobic & anaerobic fitness: Noticeable improvements
- Leaner midsection, improved definition, better posture.