

Rugby Contact Prep Exercise Playlist



Credit: @doddsiephoto

Why Contact Prep?



"If contact is a physiological stimulus, are athletes adequately prepared? Have we helped bridge the gap? Are we risking injury by not having the organism sufficiently ready for the contact that is part of their game?"

Andy Ryland
Tackle Specialist

40+ Video Demonstrations

To help you better prepare your athletes for contacts, impacts and combat in a way that will strengthen body positions, enhance joint mobility and build reactive core strength that will transfer to the field.



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