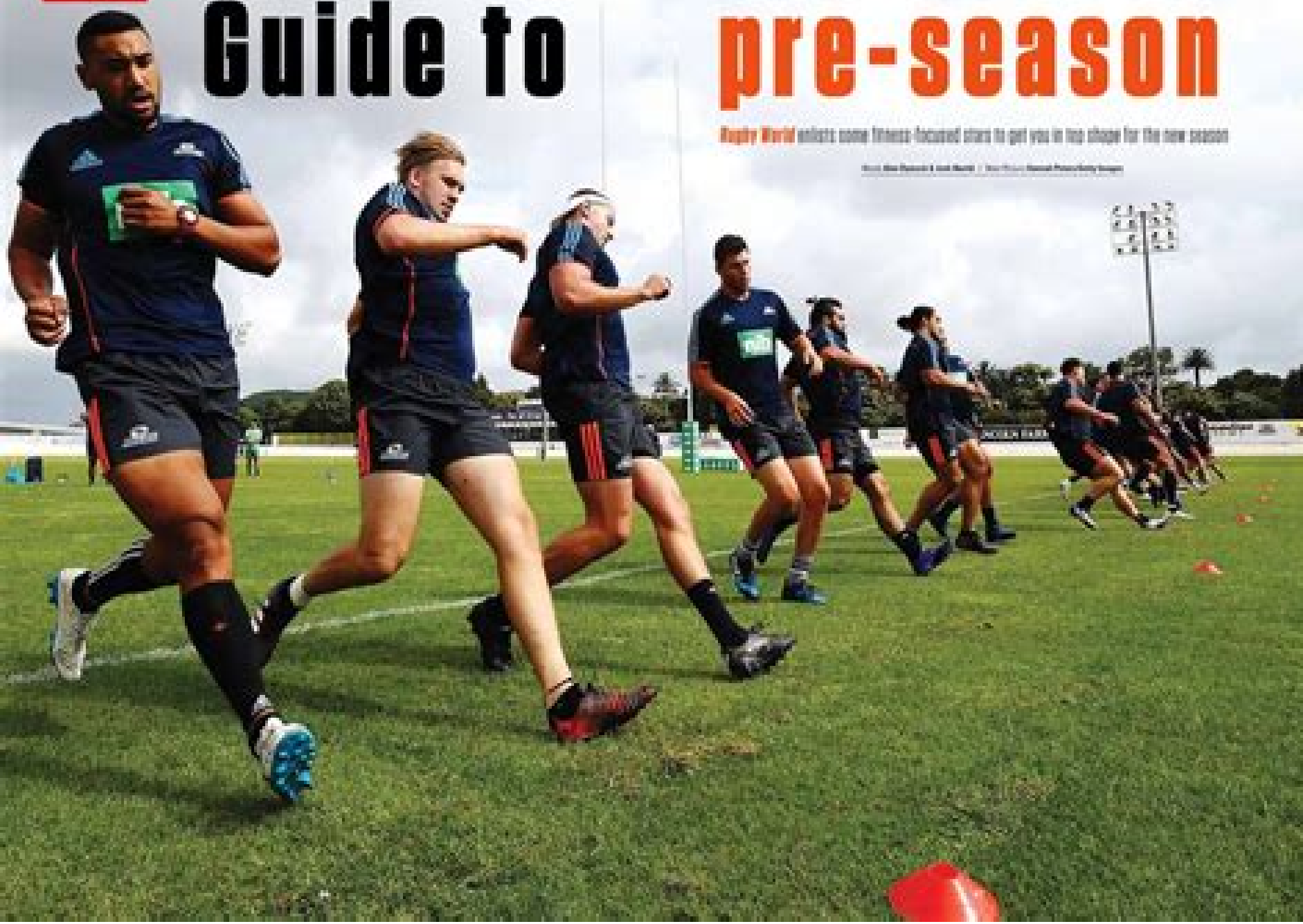


# Guide to

# pre-season

**Rugby World** unlocks some fitness-focused stars to get you in top shape for the new season

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# Rugby Training Manual Example

**Yi-Tong Ma**



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