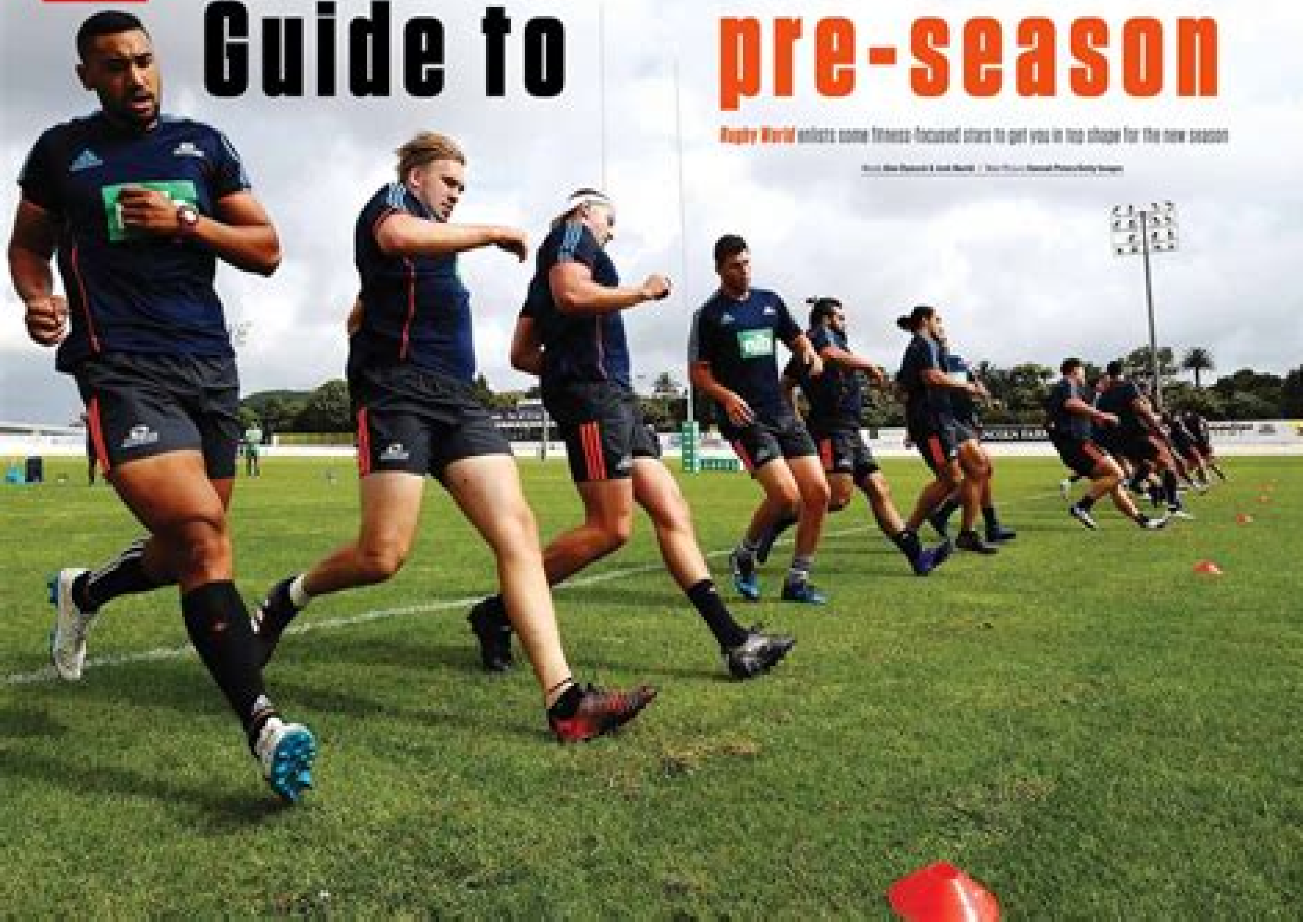


Guide to

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

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