

RFU SCHOOLS OF RUGBY EQUIPMENT PACKAGE.

As identified in the RFU Position Statement (<http://www.rfu.com/TakingPart/Fitness/Training.aspx>) every young rugby player should be following a strength and conditioning programme – especially if he has realistic aspirations to play professionally. The RFU has developed programmes that can be carried out safely by boys throughout the secondary school years. A small amount of equipment is required in order to carry out the programme at home. This equipment is readily available in good sports shops / department stores or via on-line retailers, however to make this equipment easy to obtain and of the necessary quality- the RFU has teamed up with “Perform Better Ltd” to provide the necessary equipment as a single package at a very competitive price- please find details below.

ANTIBURST SWISS/GYM BALL

45cm - £10.95 (inc VAT)

55cm - £13.80 (inc VAT)

65cm - £16.10 (inc VAT)

75cm - £17.85 (inc VAT)



Used by athletes in their physical preparation and high performance programmes. Tested to a 650kg antiburst making the ball safe for users when using free weights from rehabilitation through to sports specific training.

45cm - for users under 5'0

55cm - for users up to 5'6"

65cm - for users between 5'6" and 6'0".

75cm - for users over 6'0"

3KG MEDICINE BALL - £23.00 (inc VAT)

High quality 3kg rubberized medicine ball- these high quality hollow synthetic balls that are perfectly balanced for numerous activities including strength training, improving hand-eye co-ordination, flexibility, balance and rehabilitation.



20KG DUMBBELL SET AND CASE - £55.00 (inc VAT)

4 x 0.5kg discs, 4 x 1.25kg discs, 4 x 2.5kg discs, 2 x 14" chrome plated solid steel construction spinlock bars, 4 x spinlock collars for quick release and added safety and plastic case.



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STEP BOX - £28.00 (inc VAT)

OPTIONAL ADDITIONAL RISER TO 19CM - £9.00 (inc VAT)

Step box 14cm high.

Additional risers are also available to purchase separately for those requiring a height of 19cm.

Length: 80cm, Width: 40cm, Height 14-19cm
(19cm with additional risers).



WEIGHTED BAR (5KG) - £16.00 (inc VAT)

Weighted bar Ideal for strength training, 1 metre long free weight bar weighing 5kg, padded foam outer to protect hands, black moulded rubber end caps to protect floor.



TOTAL COST OF EQUIPMENT PACKAGE (WITH 55CM GYM BALL AND NOT INCLUDING THE ADDITIONAL STEP RISERS) - £135.80 (inc VAT) + DELIVERY.

IF THE FULL PACKAGE OF EQUIPMENT IS PURCHASED THERE IS A SPECIAL PRICE OF £126.00 (inc VAT) + DELIVERY.

INDIVIDUAL ITEMS CAN BE ORDERED INDIVIDUALLY FOR THE PRICES LISTED.

DELIVERY - postage and packing is £25.00 per full package, £10.00 for a dumbbell set, £8.00 for a medicine ball, £8.00 for a gym ball, £8.00 for a step box and £10.00 for a weighted bar. If you are ordering more than a single item but not the full package please call for a delivery cost on 01926 813749 or email on performbetter@btinternet.com.