

Station 1:

Rippers v
Grippers



Station 2:

Press ups
and Burpees



Station 3:

Hit bag



Station 4:

Shuttle runs



Station 5:

1v1 contact
rugby



Station 6:

Wrestling



Station 7:

Press up
then pass



Station 8:

Squats and
bag pull



Station 9:

1v1 touch
rugby



Station 10:

Clear the
player

