



# ONLINE TRAINING

INFORMATION  
STARTER PACK

THE RED ZONE®

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## DISCLAIMER

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

The information in this manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this manual, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the line speed and explosive power manual. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. If your physician recommends that you don't use the training manual, please follow your doctor's orders.

## WAIVER AND RELEASE OF LIABILITY

Please read carefully before performing any exercises in this manual.

I understand and acknowledge that there are risks involved in participating in any exercise program and/or any exercises contained within this manual in consideration for being allowed to utilize the information in this manual, I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me and/or to my family while utilizing the information in this manual and to the maximum extent allowed by law I agree to waive and release any and all claims, suits, or related causes of action against The Red Zone Rugby League, Brent Waddups, their employees, or affiliates (collectively The Red Zone Rugby League), for injury, loss, death, costs or other damages to me, my heirs or assigns, while utilizing all the information or partaking in the exercises contained within this manual or video library. I further agree to release, indemnify The Red Zone Rugby League, or Brent Waddups from any liability whatsoever for future claims presented by myself or my family for any injuries, losses or damages.

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# THE PROGRAM OVERVIEW

This information pack contains all you need to know about your training with me. It includes guides, tutorials, and my expectations of you. Please read through everything thoroughly.

# ONE PROGRAM WILL NEVER CUT IT LONG TERM.

**To improve and advance in the realm of strength, power and size, we need to have both variety and progression. We must also ensure we are training appropriately to satisfy all our game requirements, which involves many different approaches and practices.**

Buying a regular program only delivers results for a little while before you hit a wall.

When you train under me, you can rest assured that we will meet our game's demands through my off-season, pre-season and in-season programming.

When you need to focus on getting bigger and stronger, you will. When you need to focus on speed and power, you will. When you need to focus on your conditioning, you will.

I prepare all our training based on the Australian NRL season. If your local season start and finish dates differ from the NRL season, or you have rep responsibilities after your regular comp ends, don't worry. You and I will work together to find what works for your circumstances, and we can customise sections under my direction. That's the beauty of this program; you and I can work together. I'm simply a private message away.

A person is lying on a bench in a gym, performing a bench press. They are holding a barbell with weights above their head. The background is dark and out of focus.

# BUILDING CRUSHING STRENGTH AND A HARD ROCK PHYSIQUE WILL TAKE TIME

## CONSISTENCY

Building crushing strength and a hard rock physique will take time. I want you to think about it like your building a big brick wall, and every training session is one single brick.

Every individual training session you do is laying down one more brick next to or on top of the other brick. Little by little, the wall starts to get bigger.

The individual who gets the best long term results will always be the one who adheres to their training and makes it apart of their lifestyle.

## WORK DIRECT WITH ME

This program's value is not only in my programming but the access you have to me. If you ever have any questions or queries, if anything doesn't feel right, if you can't fit everything in, you hit me up through the training app. I will advise you on what your best strategy will be week by week.

Most of my guys have numerous things going on and it's hard to know how to fit everything into one week. That's where together we look at what you're doing through the week and work out what you are better off doing on the program.

I have had several players who I have trained online for years achieve NRL club and management contracts. They all have had one thing in common; they all interacted with me frequently and never strayed away from the program entirely. Communication with me is huge to see you go forward and train effectively.

# PERIODISATION & PHASES

## THE DIFFERENCE BETWEEN TRAINING IN THE OFFSEASON AND INSEASON

To become a great modern-day rugby league player, you need several attributes. These attributes are strength, power, speed, and size.

These qualities require various methods and techniques in the gym to develop. You don't just magically rep it out, and everything falls into place. Throughout the year, we have times where we can focus on maximising our efforts on a particular criteria.

I work with four different phases in a rugby league season; those phases are post-season, off-season, pre-season and in-season.

Within these four phases, I undertake different styles of training. For example, in the off-season, one of my main focuses is amplifying max strength and size. The off-season is a great time to push the boundaries. We have plenty of recovery time, no games, and not much other training.

Now that's not to say we don't manage our speed and fitness. Strength and bodybuilding just take up more of a percentage of our focus at this particular time. In-season, things look a little different.

The reality is you can't jam everything into one week and expect to get the highest return, so prioritising different attributes at various times is your key. That is exactly what my training is all about.

# REST & RECOVERY

## SLEEP AND REST DAYS

Training in the gym stimulates and breaks down muscle fibers.

When we get adequate sleep or take a day off our body begins to repair the damage and strengthen its defences by becoming larger and more robust to withstand the next attack.

Failure to get adequate sleep and ample rest between hard sessions will result in poor recovery time and a shortage of neural and muscular gains. Sleep and rest are an enormous component of training that I unfortunately see go ignored by many players. Plan what time you need to go to bed so you can get your 8 hours.

## RECOVERY

Improving your recovery time and getting you back into the gym for your next session is essential. The frequency of your training will see you develop a lot faster than someone who only trains once or twice a week. If you are sore from your last session, don't just sit around waiting to feel normal again.

You can be doing several things to improve your recovery.

We have already spoken about getting adequate sleep. Doing some foam rolling, dynamic and static stretching will help you massively. Hot and cold water therapy can help also.

Be sure to get your daily protein and calorie intake. Go for light walks or light swims; get a massage. Some light bodyweight exercises will also help promote blood flow to those sore areas. Just do something, and make sure you are thoroughly hydrated at all times.

## DELOAD WEEKS

I'm a big believer in prevention rather than the cure, so instead of waiting till you are completely fried, let's put some things in place now.

I like implementing deload weeks into your training every 6-8 weeks. Inseason that could be frequent. A deload week can merely be you cutting the workload in half on all your programs for that week. For example, if the program requires you to do four sets of something, you will do two sets instead.

Think of your body like your mobile phone; the more you use it, the faster the battery will get flat. That will affect its performance, so you recharge it, right? Your body is the same; if you don't let it recharge, it will ultimately run out of battery. So your performance in the gym and on the field will be of poor quality.

Not only is a deload week great for overall performance it's also excellent for building muscle. Week after week, your body is always chasing its tail, striving to rebuild destroyed and stressed-out muscle fibres.

When you have a week off, it finally has all the time it needs to catch up, so what I'm saying is you will actually be bigger at the end of your deload week, not smaller like some of you think.

A deload week is also great for a reboot to your motivation. It makes you hungry to get back into your regular training, which will have a long-term effect on your training adherence.

I will implement deloads into our program when I see fit, but you will decide if you need it or not and if the timing for you is correct.

If you are completely cooked well before the deload week, I want you to listen to your body at this point and implement it yourself.

# TRAINING

## TECHNIQUE

At no time do you or will you sacrifice your form and technique for weight. Your long term jeopardy and well-being is one of my primary concerns. Yes, push your self hard in your training, but never put your ego in front of your safety.

Always move the weight in a controlled manner unless I stipulate otherwise.

## TRAINING DAYS

Typically, our program splits will vary depending on the time of the season. How I structure your training days doesn't mean they are set in stone. You can move and manipulate days around to suit you; thats no problem at all.

If you're not sure about doing all of the training because of other commitments, hit me up, and I'll tell you what to do, easy as that.

## TEMPO

In the exercises I appoint for you, there will be a section in your exercise notes informing you of the tempo I want the task performed at.

It will, most of the time, be a controlled tempo of two seconds up and two seconds down unless we are hitting exercises to increase our power or eccentric strength.

Always check the note attached to each movement.

## WARM-UPS

Never skip your warm-up! The heart of a great training session is in your warm-up. An excellent warm-up will see you hitting more weight and total workload in your session. Not to mention preventing an injury that could plague you in years to come.

Also, firing up your nervous system before you lift is vital if you want to crush your current PB. The same can also be said about your mobility.

## SUPERSETS AND GIANT SETS

These methods are a huge part of my training. Supersets and giant sets allow us to get a heap of work done in our sessions and, depending on our training goals at the time, can stimulate muscle growth through the roof.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for recording your supersets and giant sets.

<https://youtu.be/VYlwXi1Rsig>

## REST TIMES

Rest times are a crucial element in our training and can be the overlord in becoming bigger, stronger, faster and more powerful. Too much or too little rest between certain sets can negatively affect your sessions training goal.

Always look at the top of your exercise notes to see the suggested rest times between sets and follow it as closely as you can.

# USING THE APP

## SESSION NOTES

At the very top of your programs, you will find your session notes and any other important information for the workout. These notes will be in text or video format. Your session notes are there to explain in further detail anything you require to know before starting the session. Take the time to read them prior to training.

## EXERCISE NOTES

At the top of each exercise, you will see the tempo, the rest between sets and any instructions I put down for you. Be sure to look at everything before starting the first set, so you don't miss something. I do change things up and add different things in regularly.

## EXERCISE VIDEO DEMONSTRATIONS

Every exercise comes with video demonstrations. You can find the relative exercise video at the top of your screen.

## SUBSTITUTE EXERCISES

There may be reasons you are unable to do some of the exercises set out for you. Whether it's a lack of equipment, someone at the gym is using a machine, or you may have a niggling little injury that doesn't agree with a particular movement. The program allows you to choose a relevant substitute exercise from the inbuilt database. Or you can message me directly through the app for a replacement exercise.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for choosing substitute exercises.

<https://youtu.be/0WLVCMAGJ9E>

## RECORDING YOUR WEIGHTS

If you don't record your weights and manually input your reps for each exercise, you will have no idea how to advance forward. Keeping a log of your training is one of the biggest keys to progress. When you punch in your weight and reps, the app will automatically save all the data for you.

Hit the bottom left clock icon to see the last sessions' weights and reps.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for recording your weights.

<https://youtu.be/-PqbV6cUMZ8>

## YOUR JOURNAL

You can leave yourself and me notes about a particular exercise in your journal. This is an excellent way of giving yourself feedback and seeing any changes you made in your previous session. You can keep a journal entry for your eyes only or allow me to see it to give you feedback.

You can find your journal at the top of each exercise or by hitting the 3-line tab at the top left of your screen.

## LET ME CHECK YOUR FORM

If you want me to check on your technique and form, go to the exercise and hit the media tab at the top of the movement. Once recorded, it will attach itself to the activity. Then message me and request that I have a look at it. I will then message you back and give you my feedback.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for technique assessment.

<https://youtu.be/wtn3oKYVXNw>

## THE EXTRAS

'The Extras' are programs you can choose to do should you still need to improve in certain areas. These 'Extras' programs are stored in your app's documents and links section and readily available to you at any time. Many of these 'Extras' programs are already available, with more planned for later release. Some of the 'Extras' programs concentrate on your fitness, core, and recovery. No matter your weakness, 'The Extras' are a great way to individualise your training and fix those lagging areas.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for the Extras Programmes.

<https://youtu.be/MgN6jO-U4n4>

## YOUR MAXES AND PRS

View or add a new personal best on any lift or fitness test. All your information is stored here in one place.

▶ **VIDEO TUTORIAL** Click here to see the tutorial for accessing your maxes and PRs.

<https://youtu.be/U1NJPLbSf2c>

## YOUR NUTRITION

If growing quality muscle is one of your objectives, it's just not going to happen if you haven't got your diet in check. You must ensure you eat loads of protein-rich foods, good nutritious carbs and fats and plenty of colourful fruits and vegetables. You have invested in this program because you appreciate that having a training plan is crucial to moving forward as a player. Now you need to manage your food intake the same way because both are just as valuable as the other.

## RECORDING YOUR BODYWEIGHT

Whether your goal is to get bigger or leaner, I'm here to advise you on what you should do when you hit a wall, and you will; everyone does. How we navigate around it is all about communication and tracking. Try to weigh yourself every day at the same time and in the same situation.