



TRAINING PROGRAM: CRICKET CONDITIONING PHASE 2 of 3

Whether batting, bowling or fielding, the sport of Cricket requires an athlete to have explosive power and speed to accelerate and decelerate on the playing field. The FreeMotion Cricket Conditioning Program will help build strength, balance, coordination and endurance for running the pitch or defending the wicket. This second of three phases builds strength for optimum performance.



Warm-up: Foam Roll Lats

By warming up the large muscles of the back, you will increase flexibility. Hold the stretch on each side for a minimum of 45 seconds.



Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



Warm-up: Foam Roll Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



Warm-up: Floor Flexibility / Hamstring Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 30 seconds per calf.



Core & Balance: Floor Walking Lunge with Rotation

The Walking Lunge with rotation works your leg muscles as well as your core. The lunge movement strengthens the large muscles in your legs while the rotation incorporates all of your trunk. Start with 3 sets of 12 reps.



Core & Balance: FreeMotion Cable Cross Bowling Wood Chop

The Two Arm Cable Chop strengthens and tones your core and trunk muscles. Shoulders, back and hips also benefit from this dynamic movement pattern. Start with 3 sets of 12 reps on each side.



Core & Balance: FreeMotion Cable Cross Two Arm Squat to Overhead Reach

This exercise begins in a squatting position and extends to an overhead reach to not only work the muscles of the lower body, but incorporates the upper body, specifically working the shoulders. Begin with 3 sets of 12 reps and increase the weight as the reps become easy.



Speed & Agility: Floor Fielding T-Drill (4 cones 5 - 10 meters apart)

Place 4 cones 5 - 10 meters apart in the shape of a "T". Start at the base of the letter and sprint to the center cone. Touch the cone with your hand and sprint sideways to the cone on your left, and then all the way to the far cone on the right, back to the middle cone, and back-up to your starting position. This drill will improve your speed and agility. Start with 3 sets per workout.



Strength: FreeMotion Chest Stagger Stance One Arm Chest Press

This exercise not only builds up the muscles of the chest, but also works the core as you are building balance and stability. Begin with 2 sets of 12 reps and increase the weight as these become easy to complete.



Strength: Floor Push-up with Rotation

Combine a traditional push-up with a one arm rotation, and you will work your shoulder and back muscles with the added benefit of stretching and strengthening your core. Keep your back, legs and arms as straight as possible during rotation. Perform 3 sets of 12 reps to start with and add more reps as this becomes easy.



Strength: FreeMotion Row Seated Two Arm Row

The Seated Two Arm Row strengthens the large muscles in your back while incorporating core muscles for increased stability. Begin with 3 sets of 12 reps.



Strength: FreeMotion Lat Standing Split Stance Two Arm Pull Down

Performing a Standing Split Stance Pulldown not only works the large muscles of the back, but also incorporates core muscles for increased stability. Begin by performing 3 sets of 12 reps.



Strength: FreeMotion Shoulder Bowling Prep

The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 3 sets of 12 reps and alternate your speed and intensity.



Strength: FreeMotion Cable Column Batting

This exercise works both the upper and lower body. It primarily targets the shoulder, but also incorporates additional arm, core and leg muscles for stability. Start with 3 sets of 12 reps and add additional weight and sets as the workout weeks progress.



Strength: FreeMotion Hamstring Single Leg Knee Extensions

Performed in a reversed 'kicking' motion, this exercise works the hamstring muscles while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise. Increase the weight as the initial 3 sets of 12 reps becomes easy to complete.

