

FAST BOWLING STRENGTH & CONDITIONING PROGRAM - ADVANCED

PROGRAM STRUCTURE:

5 strength & conditioning sessions per week;

- 3 Strength sessions
- 2 conditioning sessions PLUS

4 Fast Bowling workouts (can be incorporated into other sessions or done on their own)

Strength sessions to be completed with complete control.

- If you cannot complete the amount required, do as many reps as you can and record what you did.

BEFORE EVERY SESSION:

Mobility routine (To do before every session and as often as possible - hint: try and do it every morning)

Hold each pose for 5 seconds and complete 3 rounds (Watch the demo video to understand each exercise)

1. Downward dog
2. Head up & hips to the ground (tuck toes under)
3. Hip extension - foot outside hand (drop back leg)
4. Rotate arm around as far as you can
5. Pushing outside knee out (Keep heel on the ground)
6. Pigeon stretch (Foot comes across body under chest, lean upper body forward)
7. Foot back outside hand (Straighten the outside leg to stretch the hamstring)
8. Cossack stretch (Bring foot and leg around (stretching your groins)
9. Take leg back to starting position
10. Follow the same routine on the other side of the body

Fast Bowling workout (To be done 3 - 4 times per week)

4 SETS x 6 REPS (per exercise)

- Med Ball Bowling
- Band Bowling
- Front Arm Pull
- Back Foot hopping
- Single Leg Squat to floor
- Ice Skaters
- Single Leg Deadlift
- Step Up Leg Drive

Tempo 1:1:4 (1 second up, 1 second hold, 4 seconds down)

STRENGTH & CONDITIONING PROGRAM - WEEK 1

SESSION 1 – STRENGTH

DAY/DATE:

TIME:

EXERCISE	SET 1	SET 2	SET 3
WARM UP: Skipping/ jog / bike (5 mins)			
MOBILITY ROUTINE (5 mins)			
3 SETS X 12 REPS (PER EXERCISE)			
S/S 1 - BB BENCH PRESS			
S/S 1 - PULL UPS			
S/S 2 - HOLLOW ROCK			
S/S 2 - SUPERMAN ROCK			
S/S 3 - BB FRONT SQUAT			
S/S 3 - BB REVERSE LUNGE			
S/S 4 - AB WHEEL ROLL OUT			

Tempo 2:2:2 (2 seconds down, 2 second hold, 2 seconds up)

Weight should be a weight you can complete the sets and reps with

SESSION 2 - CONDITIONING

DAY/DATE:

TIME:

EXERCISE	SET 1	SET 2	SET 3	SET 4
WARM UP: Skipping/ jog / bike (5 mins)				
MOBILITY ROUTINE				
45 seconds work, 15 seconds rest				
BB SQUAT AND PRESS				
HIGH KNEES				
MEDICINE BALL SIDE SLAMS				
BURPEES				
DUMBBELL RENEGADE ROW				

SESSION 3 – STRENGTH

DAY/DATE:

TIME:

EXERCISE	SET 1	SET 2	SET 3
WARM UP: Skipping/ jog / bike (5 mins)			
MOBILITY ROUTINE (5 mins)			
3 SETS X 12 REPS (PER EXERCISE)			
S/S 1 - BB BENCH PRESS			
S/S 1 - PULL UPS			
S/S 2 - HOLLOW ROCK			
S/S 2 - SUPERMAN ROCK			
S/S 3 - BB FRONT SQUAT			
S/S 3 - BB REVERSE LUNGE			
S/S 4 - AB WHEEL ROLL OUT			

Tempo 2:2:2 (2 seconds down, 2 second hold, 2 seconds up)

Weight should be a weight you can complete the sets and reps with

SESSION 4 - CONDITIONING

DAY/DATE:

TIME:

EXERCISE	SET 1	SET 2	SET 3	SET 4
WARM UP: Skipping/ jog / bike (5 mins)				
MOBILITY ROUTINE				
45 seconds work, 15 seconds rest				
BB SQUAT AND PRESS				
HIGH KNEES				
MEDICINE BALL SIDE SLAMS				
BURPEES				
DUMBBELL RENEGADE ROW				

SESSION 5 – STRENGTH

DAY/DATE:

TIME:

EXERCISE	SET 1	SET 2	SET 3
WARM UP: Skipping/ jog / bike (5 mins)			
MOBILITY ROUTINE (5 mins)			
3 SETS X 12 REPS (PER EXERCISE)			
S/S 1 - BB BENCH PRESS			
S/S 1 - PULL UPS			
S/S 2 - HOLLOW ROCK			
S/S 2 - SUPERMAN ROCK			
S/S 3 - BB FRONT SQUAT			
S/S 3 - BB REVERSE LUNGE			
S/S 4 - AB WHEEL ROLL OUT			

Tempo 2:2:2 (2 seconds down, 2 second hold, 2 seconds up)

Weight should be a weight you can complete the sets and reps with