



Southern Vipers Academy

Home Preparation Session – Observations 2020



Whole Body Session – Complete 2-3x a week in lead up to observations to prepare your body for sessions.

Equipment needed: A chair/ box + a step... get creative if needs be!

(Weights/ Heavy Backpack + mini band optional)

If finding any of the exercises too easy, increase reps/ time/ weight for each exercise. If finding any too hard, reduce reps/ time or increase rest between sets. If any exercise is causing pain don't continue with that exercise, there is enough in the session to keep you fit through lockdown without potentially harming yourself!

This is a simple but effective session that contains the key movements any cricketer needs to practise, if you have any issues or questions please email our Strength and Conditioning coach (john.edwards@ageasbowl.com) and he will answer any questions. Equally if you want more of a challenge, feel free to email as well!

Exercise 1: Squat

Sets + Reps: 3 x 10reps

How to:

- **Standing feet shoulder width apart, toes pointing to 10 + 2 on a clockface**
- **Keeping your chest up, bend knees and hips as if you are sitting on a chair, pause for 1 second at bottom and then stand back up again (as seen below)**
- **Keep feet flat on floor but put weight through heels and keep knees out in line with toes!**
- **Hold a weight to your chest if too easy or heavy backpack on back – but keep head and chest up!**



- **Can make harder by pausing at bottom for 3s or in-between sets doing 6 jumps onto a step or box (safely)**

Exercise 2 Split Squat

Sets + Reps: 3x 8reps each side

How to:

- **Start by kneeling on the floor with one leg in front of you, with both knees at right angles (get someone to check if you're in the right position - really important!) and feet wide enough you can see your back foot when looking from the front, daylight between legs (see picture 1+2 below)**
- **From this position, straighten both legs at the same time so you are standing up, you will have to be on your toes on your back foot, keeping chest up as always! (See picture 3+ 4 below)**
- **Repeat this 8 times but don't let knee touch the floor! Then swap sides and do again with your other leg in front.**

Picture 1



Picture 2



Picture 3



Picture 4



- To make harder hold weight to chest or with heavy backpack. Or hold at bottom (with knee off floor) for 2s on each rep.

Exercise 3: Single Leg Hamstring Bridge

Sets and Reps: 3x12es

How to:

- Lying on the floor, place heel of one foot on a chair (or similar), so that knee is bent slightly more than 90 degrees – hold other leg in air.

- **Keeping arms across your chest, push heel down into chair and lift hips off the floor so that you have a straight line from shoulder to knee.**
- **Slowly lower back down, keeping core (abs) braced at all times to keep a nice flat back!**
- **Repeat 12 times and then swap to other leg!**



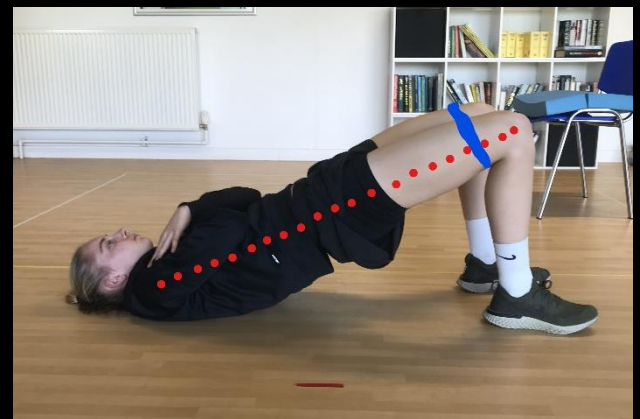
- **To make easier put both heels on chair rather than one x12reps. To make harder balance weight/ bag on hips OR alternate hamstring bridges and split squats (exercise 2) – so one set of split squats then one set of hamstring bridges x 3 sets.**

Exercise 4 – Mini Glute Circuit (Glute Bridges and Side Lying Leg Raise)

Sets and Reps 3x (10 Bridges + 8es Side Lying Leg Raise)

How to:

- **As this is a circuit you need to do both exercises back to back to finish a set.**
- **Firstly, for the glute bridge, lie on the floor with your knees bent and feet brought up to your hips and shoulder width apart**
- **Bridge up by squeezing your glutes and push into the floor with your heels, so that you have a straight line from knee to shoulder. Then lower yourself back down – keeping knees out and over toes!**



- **To make harder, can add mini-band to exercise, just above knees (as indicated by blue line in second picture).**
- **After the glute bridges go straight onto the Side Lying leg raises. Again, lying on the floor, but this time on your side in a straight line**

- **Keeping legs straight and on side of your hips, try and move your foot up to the ceiling and slightly behind you. Hold at the top for 1 second and then reset. Repeat 8 times and then swap sides.**

Starting Position:



Top Position:



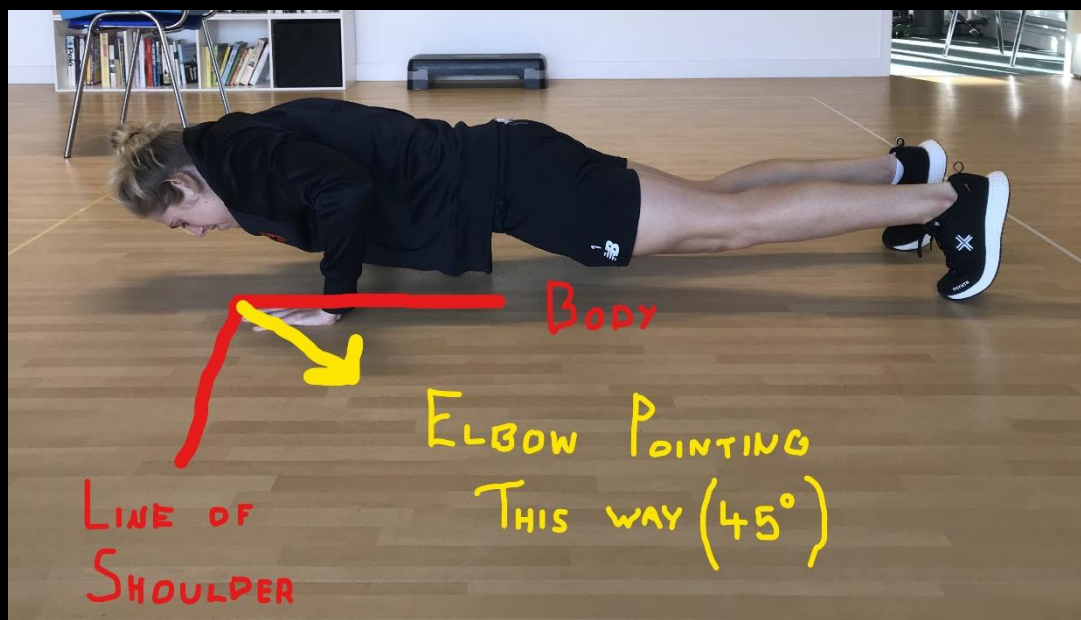
- **To make easier move band to knees rather than ankles in the example. Or do without band if you don't have one!**

Exercise 5 – Press Up

Sets and Reps: 3 x 8

How to:

- **Start with hands and toes on the floor, making sure you are in a straight line from shoulder to toe (or close enough). Hands at chest level and slightly wider than shoulder width, brace core (abs) and hips (glutes) when doing a press up**
- **Bend arms and lower your body down so chest is just above the floor (doesn't have to be all the way) making sure there is a gap between your side and elbow but elbows aren't facing out (Look at what direction Georgia's elbows are facing in the second picture).**



- To make easier, do press ups with knees on floor (still keeping a straight line from knee to shoulder) or onto a box or step so hands and chest are elevated!

Exercise 6 - Adductor Bridge

Sets and Reps: 3x 30seconds (each side)

How to:

- On your side, place knee on chair (at 90 degrees) and lift yourself onto your elbow. There should be a straight line from your ear to your knee and don't let your hips drop below the chair!
- Other leg can go underneath chair or along the front of whatever you are using, if not a chair. Other arm straight up in the air.
- Hold for 30seconds and then switch sides.



- Can be made harder by having your top leg straight rather than bent!

Exercise 7 – Calf Raise

Sets and Reps: 3 x 12 (each side if doing single leg)

How to:

- **Place ball of your foot (just below your toes) on the edge of a step or box. Heel just below the level of the step.**
- **Keeping your leg straight lift heel up as high as you can and then slowly lower back to just below step level.**
- **Repeat 12 times (each side if doing single leg – which is harder).**

Starting Position



Top Position (Hopefully you can get a bit higher than Georgia)



Exercise 8 – Plank and Side Plank

Sets and Reps: 3 x 30seconds each

How to:

- **For the plank get into a press up position but on your elbows. Keeping a straight line from shoulder to ankle by engaging core (abs) and hips (glutes)**
- **Example on next page...**
- **Hold for 30s then move onto side planks**
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- **Side plank is similar but on each side. Lift yourself up onto elbow and side of your feet (slightly staggered as you can see in picture 2 below).**
- **Keep straight line from shoulder to ankle and don't let hips drop below that line**
- **Hold for 30s each side**



End of the session! Re-fuel (eat) and re-hydrate (drink water) as both are crucial for recovery and both good habits to get into straight after training or and S+C session.

Any questions/ issues or want any extra content please contact the Southern Vipers Strength + Conditioning Coach – John Edwards (john.edwards@ageasbowl.com)

