

Buckinghamshire Cricket Home Work-Outs

Included in the programme are two whole body strength circuits that are to each be repeated twice in the week making 4 total sessions. Now I want to emphasise that these are **Strength** circuits because I do not want you to rush through them. This isn't a HITT session, these are not to improve your fitness, give yourself about 2-3minutes rest between rounds.

Given the lack of equipment I have tried to make these sessions pretty basic. All exercises can be done with minimal space and just body weight however add resistance where you can, particularly the lower body exercises. Even something like a schoolbag with a few big textbooks will do. Get Creative.

Tempo will obviously vary depending on whether the exercise is weighted or not. In general, for the strength exercises follow a 3-2-1 tempo meaning that, if we take for instance a squat, you lower yourself to for to a count of three seconds, you hold the bottom position for two and you come back up in one. For certain exercises you may find this easy so feel free to adjust as necessary. The most important thing to **challenge yourself**.

For conditioning, you have 3 sessions do per week. In order to ensure we maintain social distancing, look to do your conditioning in **as big and as empty a space** as you have access to. So a field, unused sports pitch or large public park. For those of you using communal areas, try do your sessions outside of busy hours. These are typically weekends, and after 5pm on weekdays

Be strict with your hygiene. Wash hands BEFORE AND AFTER you leave the house to do the session. Have a water bottle with you, don't share one if there's someone doing it with you, and don't use and public water fountains if applicable.

Post strenuous exercise, your immune systems' defences can be lowered for 2-3 hours. In order to combat this having a post exercise snack containing readily available protein source (milk, nuts etc) and foods high in micronutrients and antioxidants (fruit and veg) will be of benefit.

Mobility

Warm Up #1 (2 sets each)

Deep Squat Hold	
Achilles Stretch	20s
Pigeon Pose	30s each
Cat – Camel	30s each
Prayer stretch	15
	20s

Mobility Warm Up #2 (2 sets each)

Downward facing dog	
Reach for the sky	20s
Rock Backs	10 each side
Hip Flexor stretch	10 each side
Floor Angels	30s each
	15

Strength Circuit #1 (3 Rounds)

	Reps.
Squat	12
Press Up	8 – 12
Split Squat	12 each leg
Front Plank with Leg Raise	6 each
Prone IYTW	8
Clam Shells	15 each leg
Deadbug	12 each side
Single Leg RDL	12 each leg
Side Plank	30-45s each side

Conditioning

Aerobic Capacity

20-30min Low intensity jog (set distance to challenge)

Aerobic Power

4 min run high intensity run, 2 min walk x 4

Repeated Sprint Ability

3 sets of 10 x 5s max effort sprints : 25 s rest
Aim to cover 30-35m each effort
4 minutes between sets

Strength Circuit #2 (3 Rounds)

	Reps.
Overhead squat	12
Press up and rotate	6 each side
Bulgarian Split Squat	12 each leg
Shoulder Taps	10 each side
Bent over IYTA	8
Glute med circles (clockwise+ anticlockwise)	10 each direction
Front Plank Hold	30-60s
Single Leg Glute Bridge	12 each leg
Russian Twist	12 each side

Glossary of Exercises- Mobility



Achilles Stretch



Pigeon Pose



Cat-Camel



Prayer Stretch



Downward Facing Dog



Hip Flexor Stretch



Reach for the Sky



Rock Backs

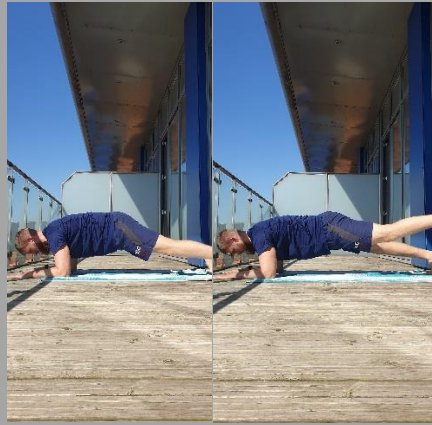


Floor Angels

Glossary of Exercises- Strength



Front Plank



Front Plank with Leg raise



Side Plank



Deadbug



Shoulder Taps



Press Up and Rotate



Bulgarian Split Squat



Single Leg Glute Bridge



Single Leg RDL



Over Head Squat



Clam Shells



Russian Twist- Keep legs fixed as you twist (picture 3+4). Slow twist, hold at end point



Glute med circles- Start with legs straight at 40 degrees away from centre line of body



Bent over IYTA Raise- Return to start position (first picture) after each letter. Making all 4 letters = 1 rep



Prone IYTW- Keep arms off floor for whole set. Hold each letter for 1s. Making all 4 letters = 1 rep