



## Conditioning Exercises

*\*\*\*None of these exercises should cause any pain in your lower back or shoulders. All you should feel is the muscles working, like a BURN! Do these 3 times a week you will without a doubt make yourself a better cricketer... Good luck!*

### Box Lunge

Ideally do this facing a mirror  
Back foot on step/small box  
Back heel comes off the step  
Most of your weight is on the front leg  
Drop back knee straight down  
Don't let front knee go forward over toes  
Hips should stay level looking from in front  
Both knees stay in line with toes  
*20 reps each side*

### Drop + Hold

Start on box/step about 30cm high  
Drop down (don't jump) into back foot landing position  
Hold and keep balance without moving arms for 2 seconds  
*Repeat 10 times*

### External Rotation

2 separate exercises – neutral (elbow tucked) and shoulder height (90 degrees)  
Squeeze shoulder blades together  
Don't let shoulder slump forward  
Keep elbow tucked in to body throughout movement  
Don't twist at hips or upper body  
Forearm is the only thing that moves  
Don't let elbow drop when doing shoulder height  
*15 reps each exercise (each side)*

### Glute Bridge

\*Video is advanced exercise (start as described)  
Start with both knees bent and both feet flat on floor  
Feet as close to butt as possible  
TUCK pelvis/tailbone under and squeeze glutes (butt)  
Lift butt off floor without tensing back muscles  
Lower down slowly  
Progress to the single leg glute bridge (video) when able  
**Key Points: TUCK, SQUEEZE, LIFT**  
*20-30 reps*

### **Hop + Hold**

Standing on one leg to start, hop forwards for distance  
Maintain/control balance on one leg before next hop  
Try to land softly/quietly by bending your knee  
Try to keep your upper body and hips straight, not bending to side  
*5 hops forward each side, repeat 4 times*

### **Overhead Squat**

**\*\* NO WEIGHTS** – Only do this with a stick (broom, etc)  
Feet wider than hips, toes forward  
Heels stay on ground throughout  
Stick overhead, hands wide, elbows straight  
Don't let stick move forwards as you squat down  
Keep knees over toes (not inwards/knock knees)  
Only go half way down if heels lift off ground  
Keep spine straight as you go down and up  
*20 reps*

### **Pull Up**

Hands wider than shoulders  
Keep hips up by squeezing glutes (butt)  
Pull up to middle of chest  
Make sure body stays in straight line  
If this is too difficult (can't keep body straight) use higher bar  
*2 x 10 reps*

### **\*\*Single Arm Pull Up**

This is a very advanced exercise that requires perfect technique  
Only progress to this exercise after being told to by your Physio/S&C coach

### **Single Arm Single Leg Shoulder Press**

Stand on one leg, small weight/cricket ball in opposite hand  
Looking in mirror keep hips level and don't let upper body bend to side  
Push weight/ball overhead while maintaining balance on one leg  
*15 reps each side*

### **Swiss Ball Roll-Out**

Hands or elbows on swiss ball  
Knees on ground, control ball while slowly rolling forward  
Keep body straight (neutral spine), don't let back arch up or down  
You don't need to roll very far to feel it work (abs and shoulders)  
*15 reps*