



5 reps, 3 sets

1. Pilates spine twist supine level 1

Lie on your back in a neutral spine position. Bring your legs into the Table Top position with your shins parallel to the floor. Place your arms in a "T" position, palms facing up. INHALE: lower your legs down to one side, keeping your knees and feet together. EXHALE: bring your legs back to the starting position. Alternate sides. Keep your shoulders stable on the mat as your pelvis rolls from side to side. Keep your knees together and bent at a 90 degree angle. Avoid arching the low back and keep it in contact with the mat throughout the movement.

- 5 in each direction



8 reps, 3 sets

2. Medicine ball floor slams

Stand in the power stance with the ball held at waist height. Keep your core muscles tight throughout and maintain a slight flex through your knees. Raise the ball up above your head and then drive it downwards into the floor using an overhead grip. Maintain control of the ball on the return and guide it back up to the overhead position before driving it back down. Ensure the downward drive is performed using good technique, not arching through your back. Maintain control of the ball throughout all phases of the movement and keep your core muscles fully engaged.



8 reps, 3 sets

3. Throwing/overhead movement pattern [23230]

Stand on one leg with the lifted leg on a ball behind you. Hold on to the resistance band above your head with the arm on the same side as the ball. Bend forward through the hip and rotate towards your opposite knee and bring your hand towards the knee of the standing leg. To increase the challenge of this exercise you can roll the ball backwards as your upper body comes forwards by moving through the hip.



3 reps, 1 set, 30 s hold

4. Side plank

Lie on your side, propping yourself up on your elbow. Keep your legs straight and stacked on top of one another. Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet. Hold this position for as long as you can, preventing the hips from sagging.



3 reps, 1 set, 30 s hold

5. Progressive plank

Start Position is down in the lower press-up position. Maintain a rigid alignment of the trunk and legs with the body supported by the arms and toes. Hold in the start position for 20 seconds then move to a 3-point support by lifting an arm or leg and then hold, if you can maintain perfect form in this position for 20 seconds advance to a 2-point support by lifting the opposite arm or leg. Look downwards to keep the head aligned with the trunk and breathe evenly throughout the exercise.



6. Stiff leg deadlift - single arm, single leg with dumbbell

Stand with your knees slightly bent, holding a dumbbell in one hand. Hinge forward at the waist and fully extend the opposite leg out to the rear, lowering the dumbbell towards your shin. Keep your back straight and do not allow your body to rotate. Contract your gluteus and hamstrings and return to a standing position.

8 reps, 3 sets, 4kg weight



7. Lat pulldown

Adjust the seat height to a comfortable position. Adjust the handle bar height to an appropriate level. Adjust the thigh pad for stabilisation during the exercise. Grasp the bar at shoulder width with your knees under the thigh pads. Pull the bar straight down towards your chest until your arms reach your sides. Return to the start position.

8 reps, 3 sets, 14kg weight



8. Knee extension - machine

Set up the seat length, the height and leg supports to suit. With the lower pads on your lower shins gently extend and straighten your legs. Pause briefly at the top of the movement and then lower the legs back down in a slow and controlled manner.

8 reps, 3 sets, 20kg weight



9. Bridge single leg on step

Lie flat on your back, with your heels elevated on a step. Keep your affected heel on the step, lift the other leg up. Press your heel into the box and lift your hips up, so that your weight is on your shoulders. Control the movement back to the start position. Notice how your hips stay level throughout this movement.

8 reps, 3 sets



10. SL calf raise

Stand on your symptomatic leg. Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight. Control the movement back to the start position, and repeat.

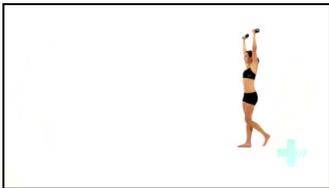
15 reps, 3 sets



11. Bent over row - with dumbbells

Stand hinged over at the waist holding a dumbbell in each hand. Keeping your back flat, slide your shoulder blades back and down towards your buttocks. Pull the dumbbells upwards towards the side of your rib cage. Lower the weights back to the starting position.

8 reps, 3 sets, 5kg weight



12. Overhead carry with weights

Raise your arms above your head with weights. Make sure your shoulders are rolled back and pressed down. Keep your shoulders stable, so the weights float above your head as you walk.

8 reps, 3 sets, 3kg weight

This is a general strength and conditioning program for Cricketers. It is designed to prepare players for the demands of consecutive days of cricket when on tour.