AUSTRALIAN CRICKET INSTITUTE

ACI PEAK PERFORMANCE CRICKET FITNESS PROGRAM

- EXERCISE EXPLANATIONS -

STAGE 01

1A) SQUAT TO BOX

- Begin with feet shoulder-width and toes turned slightly out.
- Squat down to box, ensuring eyes are looking forward and chest is 'proud'.
- Ensure hips land between feet (use a mirror as a guide).
- Stand as tall as possible on return by pushing off outside edge of feet.

1B) CHEST-SUPPORTED DUMBBELL REVERSE FLY

- Begin face-down with chest supported on bench and feet in contact with floor.
- Hang arms straight down, gripping a light dumbbell in each hand. Palms turned out.
- Fly dumbbells directly out the side and squeeze shoulder blades together.
- Ensure ribcage remains in contact with bench throughout the whole movement to minimise lower back involvement.
- Slowly return arms and dumbbells to the start position.

2A) DOWEL ROMANIAN DEADLIFT

- Begin face-down with chest supported on bench and feet in contact with floor.
- Hang arms straight down, gripping a light dumbbell in each hand. Palms turned out.
- Fly dumbbells directly out to the side and squeeze shoulder blades together.
- Ensure ribcage remains in contact with bench throughout the whole movement to minimise lower back involvement.
- Slowly return arms and dumbbells to the start position.

2B) PUSH-UP TO MARKER

- Begin with hands shoulder-width and directly below shoulders. Fingers pointing forward. Marker placed between hands.
- Ensuring shoulders and hips are in line with each other, slowly lower chest towards marker.
- Once chest lightly touches marker, brace hard through trunk and squeeze glutes to push back up.
- Perform for the required repetitions.

3A) DOWEL SPLIT SQUAT

- Position dowel so back of the head, upper back and bottom of the spine are contacting the dowel. Place bottom-gripping hand in small of back and top hand behind neck.
- Starting with feet level, take a big step back so feet are offset.
- Ensure front and back feet are hip-width and back heel is elevated off floor.
- Ensuring dowel remains in contact with all three points (back of head, upper back and bottom of spine) throughout the whole movement, bend from the back knee to gently touch it to the floor. Ensure front shin remains vertical.
- Push through front heel to rise back up to a standing position.
- Perform for the required repetitions on one leg first, then swap.

3B) KNEE PLANK

- Position elbows directly below shoulders with knees in contact with floor.
- Using a mirror as a guide, ensure shoulders and hips are level.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Maintaining a 'rigid' position, hold for the desired time or for as long as possible.

4A) HIP THRUST

- Position upper back in contact with edge of bench. Arms outstretched for balance.
- Feet hip-width, toes pointing forward and heels directly below knees.
- Beginning with hips in contact with the floor, bridge up by pushing heels into floor to form a straight line between shoulders, hips and knees.
- Slowly lower hips back to floor and repeat.

4B) KNEE SIDE PLANK

- Position supporting elbow directly below shoulder, forearm pointing forward.
- Form a straight line from shoulders, hips and knees.
- Lift hips as high as possible, keeping bottom knee in contact with floor. Top shoulder should be pulled back with chest 'proud'.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Maintaining a 'rigid' position, hold for the desired time or for as long as possible.

STAGE 02

1A) BODYWEIGHT SQUAT

- Begin with feet shoulder-width and toes turned slightly out
- Keeping weight through mid-foot and heel of both feet, imagine squatting to a box. Ensure eyes are looking forward and chest is 'proud'.
- Ensure hips land between feet (use a mirror as a guide).
- Stand as tall as possible on return by pushing off outside edge of feet.

1B) CHEST-SUPPORTED DUMBBELL ROW

- Begin face-down with chest supported on bench and feet in contact with floor.
- Hang arms straight down, gripping a dumbbell in each hand. Palms facing each other.
- Row dumbbells straight up, squeezing shoulder blades together. Dumbbells should finish either side of the bench.
- Ensure ribcage remains in contact with bench throughout the whole movement to minimise lower back involvement.
- Slowly return arms and dumbbells to the start position.

2A) DOWEL SINGLE-LEG DEADLIFT

- Position dowel so back of the head, upper back and bottom of the spine are contacting the dowel. Place bottom-gripping hand in small of back and top hand behind neck.
- Weight bear on one leg and form a slight bend in the weight bearing knee.
- Ensuring dowel remains in contact with all three points (back of head, upper back and bottom of spine) throughout the whole movement, reach non-weight bearing leg backwards and bend over, keeping sternum forward.
- Stand as tall as possible on return, returning non-weight bearing foot to the floor.
- Perform for the required repetitions on one leg first, then swap.

2B) PUSH-UP

- Begin with hands shoulder-width and directly below shoulders. Fingers pointing forward.
- Ensuring shoulders and hips are in line with each other, slowly lower chest towards floor.
- Brace hard through trunk and squeeze glutes to push back up.
- Perform for the required repetitions.

3A) BODYWEIGHT REVERSE LUNGE

- Begin in a standing position with feet level and hip-width.
- Weight bearing through the front leg, take a controlled and big step backwards, lowering back knee towards floor. Front shin should remain vertical.
- Push front heel into the floor and pull back leg through until standing in an upright position again with feet level.
- Alternate legs and repeat.

3B) PLANK

- Position elbows directly below shoulders with feet in contact with floor.
- Using a mirror as a guide, ensure shoulders and hips are level.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Maintaining a 'rigid' position, hold for the desired time or for as long as possible.

4A) HIP THRUST WITH ECCENTRIC LOWERING

- Position upper back in contact with edge of bench. Arms outstretched for balance.
- Feet hip-width, toes pointing forward and heels directly below knees.
- Beginning with hips in contact with the floor, bridge up by pushing heels into floor to form a straight line between shoulders, hips and knees.
- Outstretch one leg, keeping heel off floor. Slowly (~ 3-5 s) lower hips back to floor.
- Return elevated foot to floor again and repeat step 3, alternating the outstretched leg.

4B) SIDE PLANK

- Position supporting elbow directly below shoulder, forearm pointing forward.
- Form a straight line from shoulders, hips and knees.
- Lift bottom hip off floor as high as possible. Top shoulder should be pulled back with chest 'proud'.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Maintaining a 'rigid' position, hold for the desired time or for as long as possible.

STAGE 03

1A) DUMBBELL GOBLET SQUAT

- Begin with feet shoulder-width and toes turned slightly out.
- Hold a dumbbell in both hands and ensure it remains in contact with sternum and stomach throughout the whole movement.
- Keeping weight through mid-foot and heel of both feet, squat down until elbows contact knees. Ensure eyes are looking forward and chest is 'proud'.
- Ensure hips land between feet (use a mirror as a guide).
- Stand as tall as possible on return by pushing off outside edge of both feet.

1B) INVERTED ROW

- Grip bar with hands shoulder-width. Carefully walk yourself under the bar and into an incline position.
- Either position feet flat or dig heels into the floor. Ensure ears, shoulders and hips are in a straight line.
- Pull yourself up to the bar, chest lightly touching.
- Bar should finish mid-chest, i.e. nipple line.
- Avoid arching the lower back and keep ribcage locked down.
- Lower under control and repeat.

2A) DUMBBELL SINGLE-LEG DEADLIFT

- Weight bear on one leg and form a slight bend in the weight bearing knee. Hold a dumbbell in opposite hand with arm hanging in front.
- Reach non-weight bearing leg backwards and bend over, keeping sternum forward.
- Dumbbell should travel is a straight line directly towards floor.
- Stand as tall as possible on return, returning non-weight bearing foot to the floor.
- Perform for the required repetitions on one leg first, then swap.

2B) SWISS BALL DUMBBELL CHEST PRESS

- Begin in a standing position with feet level and hip-width.
- Weight bearing through the front leg, take a controlled and big step backwards, lowering back knee towards floor. Front shin should remain vertical.
- Push front heel into the floor and pull back leg through until standing in an upright position again with feet level.
- Alternate legs and repeat.

2B) SWISS BALL DUMBBELL CHEST PRESS

- Begin seated on a Swiss Ball with dumbbells resting on thighs.
- Carefully walk yourself forward, allowing the Swiss Ball to roll underneath you, until head and shoulders are in contact. Ensure glutes are engaged and hips are level with shoulders.
- Press dumbbells over the chest. Arms straight. Palms facing away.
- Lower dumbbells down and out to the side under control. Forearms should remain vertical with elbows finishing just below the shoulders.
- Push dumbbells back up to the start position and repeat.
- Once the required repetitions are completed, lower dumbbells to the stomach and carefully walk yourself backwards and up to a seated position, again allowing the Swiss Ball to roll underneath you.

3A) DUMBBELL REVERSE LUNGE

- Begin in a standing position with feet level and hip-width. Dumbbell in each hand.
- Weight bearing through the front leg, take a controlled and big step backwards, lowering back knee towards floor. Front shin should remain vertical.
- Push front heel into the floor and pull back leg through until standing in an upright position again with feet level.
- Alternate legs and repeat.

3B) PLANK WITH ALTERNATING REACH

- Position elbows directly below shoulders with feet in contact with the floor and approximately shoulder-width apart.
- Using a mirror as a guide, ensure shoulders and hips are level.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Maintaining a 'rigid' position, slowly reach one arm out in front, ensuring to resist any movement of the hips or trunk.
- Return elbow underneath shoulder and alternate sides for the desired repetitions.

4A) SINGLE-LEG HIP THRUST

- Position upper back in contact with edge of bench. Arms outstretched for balance.
- Have one foot positioned flat on the floor with the other leg outstretched in front. Heel elevated off the floor.
- Beginning with hips in contact with the floor, bridge up by pushing the heel of the working leg into floor to form a straight line between shoulders, hips and knees.
- Slowly lower hips back to floor, ensuring hips remain level throughout the duration of the movement.
- Perform for the required repetitions on one leg first, then swap.

4B) SIDE HITCH

- Position supporting elbow directly below shoulder, forearm pointing forward.
- Form a straight line from shoulders, hips, knees and feet.
- Lift bottom hip off floor as high as possible. Top shoulder should be pulled back with chest 'proud'.
- Draw naval in towards spine and squeeze glutes. Alternatively, think of trying to stop yourself from going to the toilet to engage through deep abdominal musculature.
- Pause at the top of the movement then slowly return underneath hip to the floor before repeating.
- Perform for the required repetitions on one side first, then swap.

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