



## **CRICKET SPECIFIC TRUNK & CORE** **STRENGTHENING PROGRAM**

- The core muscles must first be learnt in isolation as an endurance muscle (slow and steady).
- The “core” holds the spine stable on the pelvis – while you perform the bowling action.
- A bowler who moves “too much” at the spine/pelvis junction will develop back pain and this program is designed to control this.

### **1. LOWER ABDOMINALS IN STANDING**

- Do pelvic tilt and feel your spine move on pelvis
- Standing and draw in lower abdominal and pelvic floor without sucking in or holding breath
- To feel pelvic floor – “draw up balls”
- Align good posture – shoulders over hips over feet

### **2. LOWER ABDOMINAL – CORE MUSCLES & BREATHING**

- Lying on back
- Keep back flat with low abdominals and pelvic floor
- Use muscle which stop you passing urine or “draw up balls”
- Hold 10 seconds – repeat x 10 – DON’T hold your breath or “suck in”
- Progress to lift one leg and extend knee

### **3. CAT POSITION (HANDS AND KNEES WITH BACK FLAT)**

- In cat position
  - lift one knee and extend
  - lift one arm
  - combine diagonally opposite arm and leg
- Must keep back flat with lower abdominal
- Repeat 10 times and hold few seconds

### **4. ONE LEG STANDING + ARM MOVEMENT**

- Hold lower abdominal/core and shift weight onto one leg (stand on one leg)
- If stable and balanced:
  - (i) Lift one arm forward and one arm back
  - (ii) Alternate arms without losing posture
  - (iii) 90° shoulder and elbow and upward rotation
- Repeat on each leg x 10 arm movement
- Progress by adding 1kg or 2kg weight to hands



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### **5. LUNGE ON ONE LEG HOLDING WEIGHT**

- Step forward with one leg and lunge onto front leg
- Push upward on front leg – maintain core and posture
- Repeat x 10 each leg
- Progress by holding weight - progress to lunge walk  
- progress to lunge and rotation

### **6. STANDING – EARLY WINDMILL**

- Maintain core and posture (don't lean back)
- Hold 1kg and stand in bowling delivery position
- Lift hand with weight in windmill action but stop at top of sweep – transferring weight onto front foot
- Transfer weight to back foot and lower hand /weight backwards (repeat x 10)

### **7. STANDING – LATE WINDMILL**

- Maintain core and posture and bring hand and weight over and rotate body in slow bowling action, while stepping onto front foot
- Unwind, step back and repeat with weight in hand x 10

### **8. STANDING UPWARD SHOULDER ROTATION WITH WEIGHT**

- Standing and hold shoulder out at 90° and elbow at 90°
- Rotate weight upwards from the shoulder (repeat x 10)

### **9. PLANK – ON STOMACH**

- Take weight on elbow and toes and keep spine/hips straight
- Hold 20 seconds x 5
- Progress to PLANK on SIDE

#### **NOTE:**

If you are not keeping your spine stable on your pelvis **DON'T** progress the exercise. Do it in the simpler, more controlled way.