

Cheshire Cricket 14-18: Session 1



Session 1 - Once Per Week

Main Component	Exercise	Week 1-2	Week 3-4	Week 5-6
		Duration		
Warm Up	Jog/Skip (on the spot/ around garden/ up stairs and walk down)	1 minute	1 minute	1 minute
	Double Leg Hip Bridge	10	10	10
	Dead Bugs	10	10	10
	Supermans	10	10	10
	Lizard Crawl	10m	10m	10m
	Eagles	10	10	10
	Leg Swings Forward and Backward	5 each leg	5 each leg	5 each leg
	Leg Swings Side to Side	5 each leg	5 each leg	5 each leg
	Arm Swings Up and Down	10	10	10
	Arm Swings Side to Side	10	10	10
Main Session		Sets x Reps	Sets x Reps	Sets x Reps
	Single Leg Chair Squat	3 x 8 each leg	4 x 10 each leg	4 x 12 each leg
	Lunge Clock Pauses (hold Lunge for 3 seconds)	3 x 3 rounds	4 x 3 rounds	4 x 5 rounds
	Push Press Ups	3 x 5	4 x 5	4 x 6
	Bear Crawls	3 x 10m	4 x 10m	4 x 15m
	Adductor Plank	3 x 30 seconds each leg	4 x 30 seconds each leg	4 x 40 seconds each leg
	Hamstring Bridge	3 x 20 seconds	4 x 20 seconds	4 x 25 seconds
	Double Dead Bugs	3 x 10	4 x 10	4 x 12
	Single Leg Hop and Stick	3 x 6 each side	4 x 6 each side	4 x 8 each side
Recovery	Single Leg Balance Clock	3 rounds each leg	4 rounds each leg	4 rounds each leg
	Single Leg Ball Catch Left leg	30 Seconds	45 seconds	60 seconds
	Single Leg Ball Catch Right leg	30 Seconds	45 seconds	60 seconds
	Hip Sways	30 Seconds	45 seconds	60 seconds
	Plank Hold	30 Seconds	45 seconds	60 seconds

Cheshire Cricket 14-18: Session 2



Session 2 - Once Per Week

Main Component	Exercise	Week 1-2	Week 3-4	Week 5-6
		Duration		
Warm Up	Jog/Skip (on the spot/ around garden/ up stairs and walk down)	1 minute	1 minute	1 minute
	Walking Lunge	10m	10m	10m
	Dead Bugs	10	10	10
	Supermans	10	10	10
	Bear Crawl	10m	10m	10m
	Eagles	10	10	10
	Leg Swings Forward and Backward	5 each leg	5 each leg	5 each leg
	Leg Swings Side to Side	5 each leg	5 each leg	5 each leg
	Arm Swings Up and Down	10	10	10
	Arm Swings Side to Side	10	10	10
Main Session		Sets x Reps	Sets x Reps	Sets x Reps
	Wall Sit	3 x 30s	4 x 30s	4 x 45s
	Cossack Squat	3 x 10	4 x 10	4 x 12
	Piked Push Up	3 x 10	4 x 10	4 x 12
	Single Leg Hip Bridge	3 x 10 each side	4 x 10 each side	4 x 12 each leg
	Single Leg Good Morning	3 x 8 each leg	4 x 8 each leg	4 x 10 each leg
	Lizard Crawl Forwards and Backwards	3 x 10m	4 x 10m	4 x 15m
	Side Plank	3 x 30 seconds each side	4 x 30 seconds each side	4 x 45 seconds each side
	Double Leg Jump and Stick	3 x 8	4 x 8	4 x 10
Recovery	Pidgeon Stretch	30 Seconds each side	45 seconds each side	60 seconds each side
	Shoulder Extension Stretch	30 Seconds	45 seconds	60 seconds
	Hip Flexor Stretch	30 Seconds	45 seconds	60 seconds
	Pec Stretch	30 Seconds each side	45 seconds each side	60 seconds each side
	Single Leg Back Rotation	30 Seconds each side	45 seconds each side	60 seconds each side