

# MAD UP FOR CRICKET

## BODY PARTS TO EMPHASISE

Hips, thighs, back, chest, shoulders, arms, forearms and waist

### HIT Cricket Routine (order of exercise routine)

1. Hip abduction
2. Hip adduction
3. Leg extension
4. Leg curl
5. 15 degree cable chest
6. Pullover
7. Lateral raise
8. Biceps curl
9. Triceps extensions
10. Wrist curls
11. Reverse wrist curl
12. Rotary torso

## TEN HIT TRAINING RULES

1. Keep the intensity high by performing each exercise until you experience momentary muscular failure (MMF), giving your best effort where no other repetition is possible.
2. Select a resistance (weight) that delivers MMF at between 8 to 12 repetitions.
3. Lift and lower the weight in a controlled manner - not explosively.
4. Emphasise the lowering, taking twice as long as the lifting portion.
5. Take each exercise through the muscle's full possible range of motion.
6. Progression is key - strive to improve upon your previous performance by increasing the number of repetitions, resistance used or both.
7. Keep accurate records for each workout (date, reps, resistance and total workout time).
8. Where practical, find a dependable training partner to supervise your workout.
9. Increase resistance when 12 or more repetitions can be performed.
10. Do not delay between exercise efforts; this will ensure metabolic conditioning.

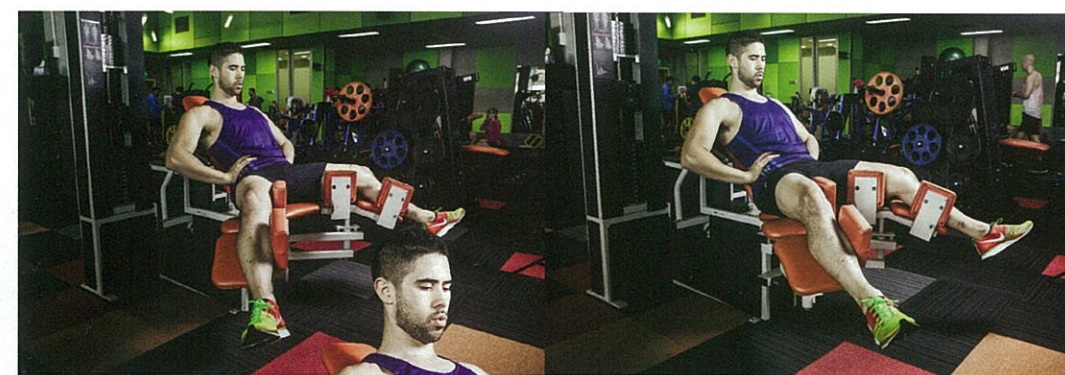
When it comes to designing highly effective strength training for sport, you first need to determine the primary muscles predominately used for that sport. The next step is to select exercises that strengthen the muscles through their full range of possible movement. To kick off the HIT Sport Series, Peter Rana creates a HIT strength training routine that is timely.

DESIGNED BY BODYTECH FOUNDER PETER RANA



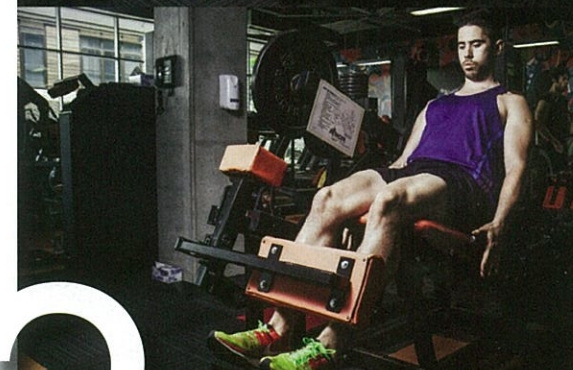
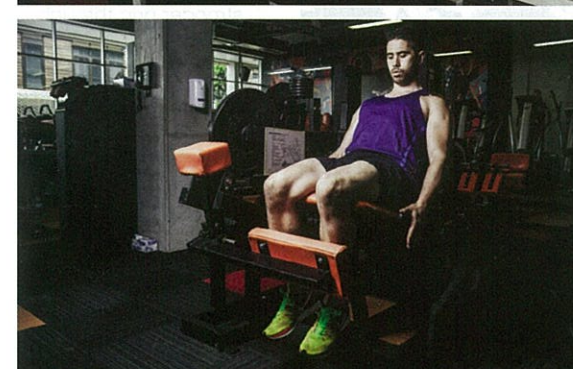
## HIP ABDUCTION

1. Sit in machine and place knees on the movement arms in a knees-together position.
2. Keep your back against back pad, relax neck and shoulders.
3. Push knees and thighs laterally to widest position. To isolate the abductor muscles better, keep the feet pointed outward and push with the thighs.
4. Pause in the fully contracted position.
5. Return slowly to knees-together position.
6. Repeat for maximum contractions (MMF).



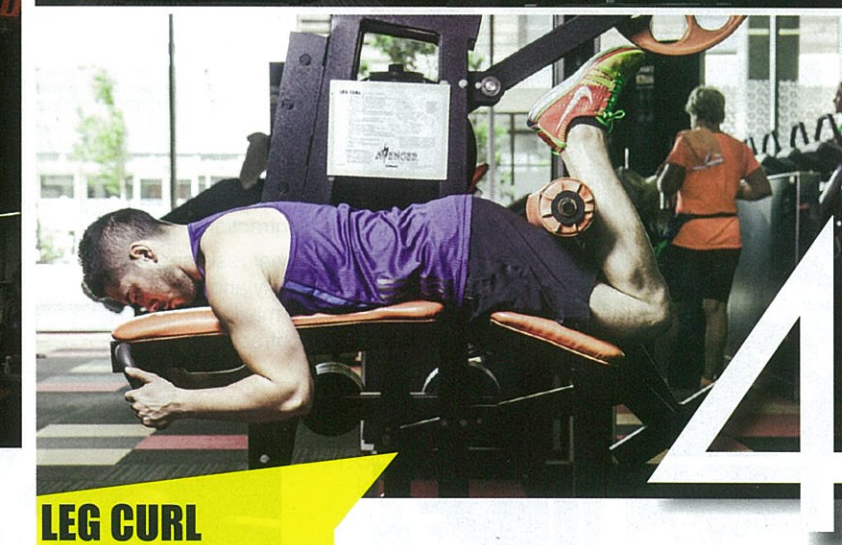
## HIP ADDUCTION

1. Sit in machine and place knees on the movement arms in a legs-spread position.
2. Keep your back against back pad, relax neck and shoulders.
3. Pull knees and thighs together in a smooth and controlled manner.
4. Pause in the fully contracted position.
5. Return slowly to stretch position.
6. Repeat for maximum contractions (MMF).



## LEG EXTENSION

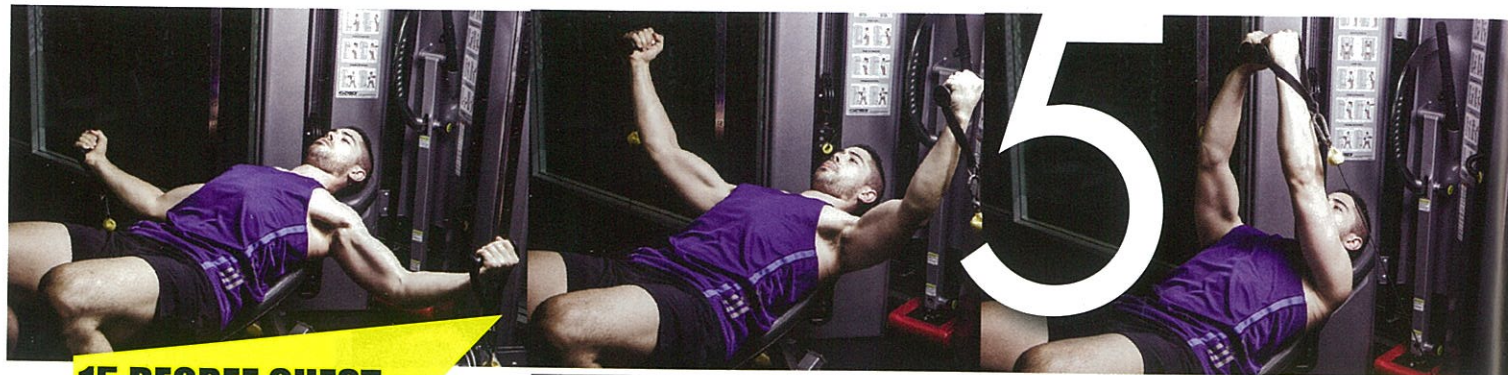
1. Sit in machine.
2. Place feet behind pad.
3. Keep head and shoulders against seat.
4. Grasp handles lightly.
5. Straighten both legs smoothly.
6. Pause in fully contracted position.
7. Lower resistance slowly.
8. Repeat to MMF.



## LEG CURL

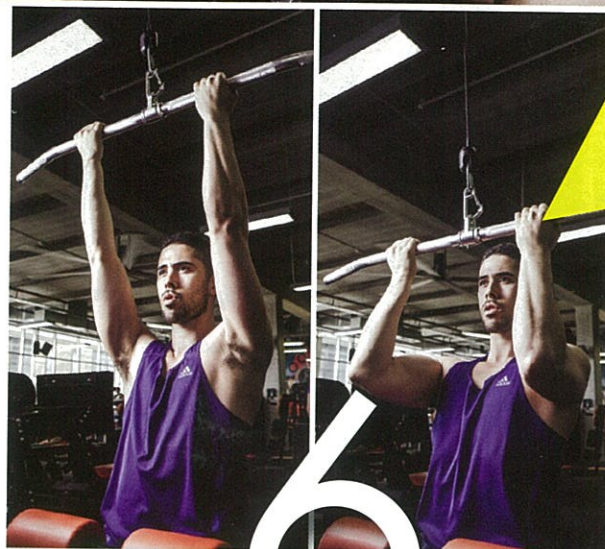
1. Face down on machine.
2. Place lower leg under pad with knees just hanging over edge of bench.
3. Grasp handles to keep body from moving.
4. Curl legs and try to touch buttocks (be mindful not to lift hips).
5. Pause.
6. Lower resistance slowly.
7. Repeat to MMF.





## 15 DEGREE CHEST

1. Fix an adjustable incline bench between a cross cable machine.
2. Set the incline to 15 degrees.
3. Adjust the bench where your hands will be able to move up and across your chest as shown.
4. Grasp each stirrup one at a time and begin in a stretched position.
5. Move your arms in a rotary fashion by maintaining a slight bend in the elbows and where your hands eventually meet over and across your chest.
6. Pause.
7. Lower slowly to starting position and repeat for maximum repetitions (MMF).

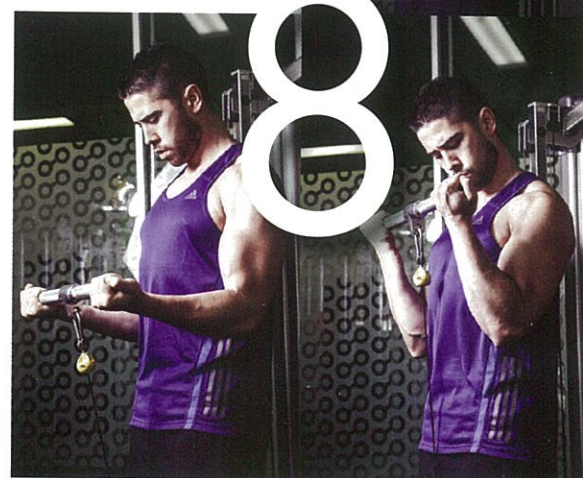


## UNDERHAND-GRIP LATS PULL DOWNS

1. Sit facing the machine with the knees positioned under the thigh pads, gripping the bar underhand.
2. The underhand grip enables you to maintain a stronger grip throughout the exercise so your forearms don't tire out early in the exercise.
3. Pull the bar down while expanding the chest; touching the bar to lower portion of chest.
4. Make sure you lead with the elbows by pulling them down and back.
5. Pause at full contraction.
6. Lower in a controlled and slow manner.
7. Repeat for maximum repetitions (MMF).

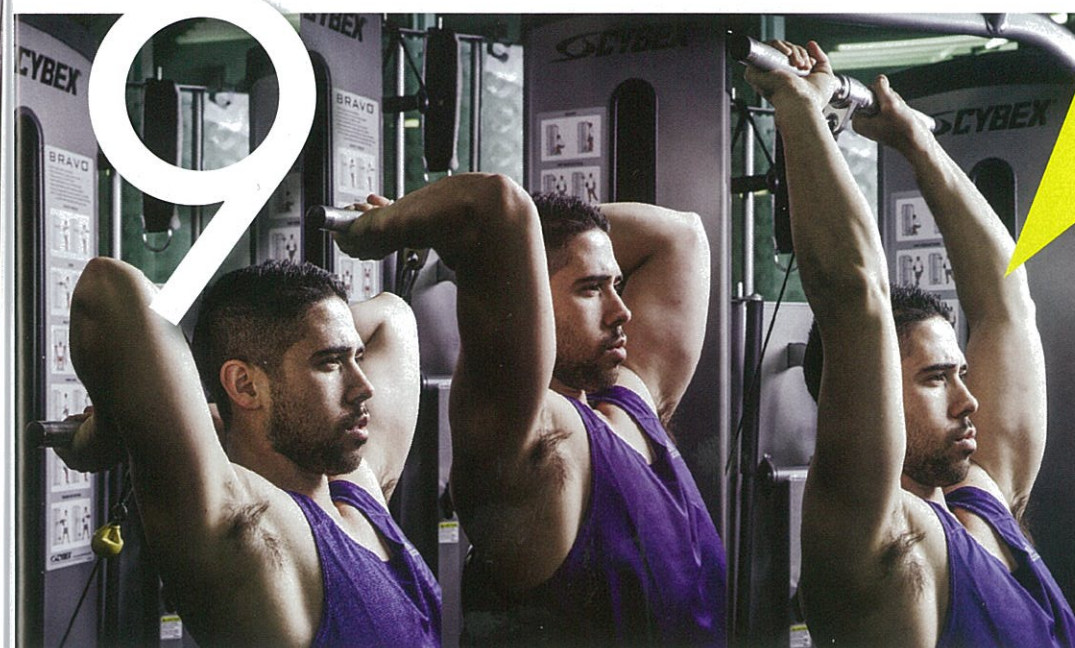
## MACHINE LATERAL RAISE

1. Adjust the seat so shoulder joints are in line with the machine's axis of rotation.
2. Once seated, maintain contact with handles using an open hand as shown in picture.
3. Lead with elbows and raise both arms until about ear level.
4. Keep elbows against pads at all times.
5. Pause in full contraction.
6. Lower resistance slowly and repeat for maximum contractions (MMF).



## STANDING CABLE BICEPS CURL

1. Grab a small straight bar connected to a low pulley cable.
2. While maintaining a standing position, keep your elbows close to your sides and pointing straight down throughout the exercise.
3. Curl bar to a full contracted position.
4. Hold the contraction for one to two seconds; maintaining constant tension on your biceps.
5. Lower slowly to a slight bend in the elbows and immediately repeat for maximum contractions (MMF).



## SEATED TRICEPS EXTENSIONS WITH CABLE

1. Fix an adjustable incline to 45 degrees and in line with a low-pulley.
2. Using a short bar attachment, have your partner hand you the bar grasping it behind your head.
3. Position and hold your elbows in line and close to your ears.
4. Begin the exercise by extending your forearms to full extension.
5. Pause one second.
6. Lower slowly to starting position and repeat for maximum repetitions (MMF).



## BEHIND THE BACK WRIST CURLS WITH CABLE

1. Have your partner hand you a small straight bar that is attached to a low pulley.
2. Make sure you take the bar with your palms facing behind and away from you.
3. Maintain a close standing position to the cable.
4. Curl small bar upward to a full contracted position.
5. Pause for one second.
6. Lower resistance slowly.
7. Repeat for maximum contractions (MMF).



## ROTARY TORSO

1. Position and secure yourself in the machine, committing to one side of the torso first.
2. Rotate torso to right as far as possible.
3. Lift the weight in a controlled and smooth manner towards the left side.
4. Pause for a second then lower to stretched position.
5. Repeat for maximum contractions (MMF).
6. Always move in a slow and controlled manner.
7. When finished, immediately repeat the other side of the torso.



## REVERSE WRIST CURLS WITH CABLE (SEATED)

1. Sit in front of a cable machine with a low pulley.
2. Grasp a small straight bar in palms-down fashion.
3. Reverse curl small bar upward.
4. Pause for a second.
5. Lower resistance slowly and repeat for maximum contractions (MMF).