



## Sydney Cricket Club – Academy: Weight Training Program - 2008/ 2009

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|----|---------------------------------------|-----------------------------|
| 1. | Warm up/Stretch                       | 5 – 10 minutes              |
| 2. | Bench Press or<br>Flat Dumbbell Press | 3 x 10 (Chest)<br>3 x 8     |
| 3. | Lat Pull Down or<br>Seated Row        | 3 x 15 (Back)<br>3 x 12     |
| 4. | Shoulder Press or<br>Upright Row      | 3 x 8 (Shoulders)<br>3 x 8  |
| 5. | Lunges or<br>Step-Ups                 | 3 x 8 (Legs)<br>3 x 12      |
| 6. | Seated Dips or<br>Push up             | 3 x 10 (Strength)<br>3 x 10 |
| 8. | Abs                                   | 5 – 10 minutes              |
|    | Crunches                              | 3 x 30                      |
|    | Reverse Crunches                      | 3 x 20 (core)               |
|    | Roman Chair surf ski                  | 1 x 40                      |

### PLEASE NOTE:

- **Always do your weights with a qualified supervisor.**
- Use variations of exercises and sets/ reps through the 10-week period.
- Try to get into a routine of 2 sessions per week.
- Sessions should not go longer than 45 minutes.



