

Follow this Fast Bowler Training Schedule Pdf to increase fast bowling speed.

Fast Bowler Gym Workout Program. Fast Bowler Training Program Pdf.

Fast Bowler Training Programme

Crafted By : Rohit Shyokand for Everyone

<https://www.instagram.com/rohitshyokand/>

<https://www.youtube.com/rohitshyokand/>

Fast Bowler Gym Training Program

- Warm up well before you start the workout
- Cool down properly. Do rolling on used muscles

Monday : Core Stability + Lower Body

Legs

1. Barbell Squats : 3 * 4 Reps (Hold 4 sec above your knees then come up explosive)
2. Reverse Lunge with Barbell / Dumbbell & Step Back Leg on Box : 3 Sets * 8 Each Side
3. Barbell Single Leg Romanian Deadlift : 3 * 8-10 Reps Each Leg
4. Barbell Step-Up on Box / Bench : 3 * 10 Each Leg
5. Bulgarian Squats with Barbell / Dumbbell : 3 * 6 Each Leg (Weight Accordingly)

Core Stability

1. Farmer Carry with Kettlebell / Dumbbell : 10 steps (Don't move your core)
2. Cable / Band Rotation : 3 * 10 Each Side (Keep the core stable)
3. Lye down on Back Hold Dumbbell in Both Hands & Legs in Cycling Position : Move alternate leg and hand : 3 * 10 each side (Use weight 2.5 or 5 kg)
4. Farmer carry with dumbbell / kettlebell in one arm : 3 * 10 each side (**If dumbbell in right hand then bend towards right side and other hand on core**)

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Tuesday : Quickness + Crossfit / Olympic Lifting

Quickness

1. Drop Jumps from Box : 3 * 10 Reps (**Perform on midfoot / toes**)
2. 2 Lateral Jumps on 1 leg then Twist and 1 Broad Jump : 3 * 8 Each Side
3. Single Leg Bounds : 3 * 10 Each Leg (Perform in toes / mid foot)
4. Bulgarian Squat Position Tuck Jump with front leg : 3 * 8 Each side
- 5.

Crossfit

1. Dumbbell / Kettlebell Swing : 3 * 10-12 Reps (**Use Glutes while doing**)
2. Barbell Clean : 3 * 8-10 Reps (First do with PVC pipe / Empty Bar to learn the movement)
3. Dumbbell Push Press : 3 * 8 Reps (Weight accordingly so that you can do 8 Reps Max)
4. Single Arm Dumbbell Hang Split Snatch : 3 * 10 Reps Each Arm (Use glutes to lift the dumbbell on up.)
5. Med Ball Throw Sideways : 3 * 10 Each Side

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Wednesday : Upper body Explosiveness + Upper Body

Upper Body Explosive

1. Lying med Ball Chest Pass : 3 * 10 Reps (Lye on ground and throw the ball up above your face then catch and again)
2. Seated Med Ball Chest Pass on Wall : 3 * 10 Reps (Sit on your knees and hold med ball in front of chest. Hit hard on wall and then catch and again)
3. Banded shoulder press : 3 * 10 Reps (Put resistance band on bar & put one foot on band & do shoulder press quick)
4. Banded Push-up : 3 * Max Reps (put band around chest and hang the band on bar or pipe above your height)

Upper Body Strength

1. Barbell Rowing : 3 * 10 Reps
2. Dumbbell Shoulder Press : 3 * 10 Each Side (Alternate arm)
3. Dump the buckets : 3 * 10 (Sit & Hold the dumbbell in both hands & try to throw like you are filling water behind the back but don't throw the dumbbell)
4. Single Arm Dumbbell Rowing : 3 * 8-10 Reps (Keep Back Straight)

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Thursday Rest

Friday : Lower Body Explosive + Lower Body Strength

Lower body Explosive

1. Med Ball chest pass on wall : 3 * 8 Reps (Do in bowling position with hip shoulder separation)
2. Sit on Bench & Perform Box jump Explosively : 3 * 5 Reps (Perform box jump from sitting position)
3. Standing Broad Jumps continue : 3 * 5 Reps
4. Stand and reach : 3 * 8 (Stand on ground & Do vertical jump without bending knees)
- 5.

Lower body Strength

1. Overhead squat : 3 * 6-8 Reps (Perform with empty bar / pvc in starting to get habitual)
2. Front squat + Barbell Press / Barbell Thruster : 3 * 10 Reps (Rack bar on your front shoulder & keep elbows up. Squat down & do shoulder press)
3. Resisted kettlebell swing : 3 * 10 Reps

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Saturday : Lower Body Mobility + Upper Body Strength

Ankle Knee Stability

1. Wall Sit Hold : 3 * Max Time
2. Hexagon Touches : 3 * 5 Times Each Leg (Place 6 cones / point around you in hexagon position. Stand on one leg & one in the air & touch all the cones. Make balance
3. Banded glutes walk : 3 * 10 steps each side (Put the resistance band around your knees & walk)
4. Standing Hip flexor Stability : 3 * 20 Each leg (Stand and put one side in shoe & one in other leg. Raise one leg in high knee position)

Upper Body Strength

1. Barbell Bench Press : 3 * 5 Reps (Do flat bench press & put weight accordingly so that you can do only 5-6 reps)
2. Neutral grip Dumbbell incline bench press : 3 * 10 Reps (Do on flat bench if incline bench not available)
3. Dumbbell Pullover : 3 * 8 Reps (Put upper back on bench and take dumbbell behind)

Sunday : Yoga & Flexibility

Watch my video on Youtube. There is a full yoga routine of 30 min.

<https://www.youtube.com/watch?v=flyjHbwgs7E&t=4s>