

Follow this Fast Bowlers Home Training Schedule PDF to increase Fast bowling speed.
Fast Bowling exercises at Home. Fast Bowlers Training Program Pdf Schedule

Crafted By : Rohit Shyokand for Everyone

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Fast Bowling Training Program at Home

*** Note ***

- **Rest for 40 sec - 1 minute between each Exercise**
- **Rest for 30 Sec Between Each Set**
- **Don't forget to drink water / Electrolytes during exercise to replenish lost fluids**

Day 1 - Legs + Bowling Specific Legs Strength

1. Squats : 3 Sets * 20 Reps
2. Jumping Lunges : 3 Sets * 10 Each Leg
3. Single Leg Romanian Deadlift with Weight : 3 Sets * 10 Each Leg
4. Tuck Jumps : 3 Sets * 10 Jumps
5. Bulgarian Split Squats with Weight : 3 Sets * 10 Each Leg
6. Goblet Squats : 3 Sets * 10 Reps

Bowling Specific

1. Front Foot Isometric Hold - 3 Sets * 20 Sec
2. Front Foot Up & Down - 3 Sets * 10 Reps
3. Skipping - 3 Sets * 50 Reps
4. Pause Jump Squats - 3 Sets * 10 Reps

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Day -2 - Cardio + Plyometric + Bowling Specific

Cardio Workout

Tabata Workout

- **4 Minute Workout * 2 Sets**
- **20 Second Work + 10 Second Rest**

Exercises

1. Burpees
2. Mountain Climbers
3. Plank
4. Squat Jump

Plyometrics

1. Single Leg Drop Jump & Rotate - 3 Sets* 10 Each Leg
2. Drop Jump & 2 Lateral Jump + Hold on other leg - 3 Sets * 10 Each Leg
3. Single leg diagonal jump + broad jump - 3 * 10 Each Leg
4. Toe taps - 3 Sets * 30 Seconds

Bowling Specific

1. Depth drop jump & vertical jump - 3 Set * 10 Reps
2. Bowling Release Position Hold - 3 Sets * 30 Seconds
3. 4 Tent peg Drills - 3 Sets * 20 Reps
4. Side Shuffles on Toes - 3 Sets * 10 Reps Each Leg

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Day 3 = Shoulder Strength + Bowling Specific

Shoulder

1. Pike Push-Ups - 3 Sets * Max Reps
2. Hindu Push-Ups - 3 Sets * Max Reps
3. Weight Drop & Catch - 3 Sets * 10 Reps Each Arm
4. Dumbbell Shoulder Press / Any Weight - 3 Sets * 10-12 Reps
5. Dumbbell / Weighted Front Raise - 3 Sets * 10-12 Reps
6. Push-Ups to Plank - 3 Sets * 10 Each Arm
7. Handstand hold / Walk - 1 Set

Bowling Specific - Hip Shoulder Separation

1. Front leg on bench & Rotate hips & Pre Turn Back foot - 3 Sets * 10 Reps
2. Hip Shoulder Separation with Gym plate - 3 Sets * 10
3. Underhand Med ball / Dumbbell Pass - 3 Sets * 10 (Focus on hip shoulder separation)
4. Wall drill - 3 * 10 Reps (Separate hips and shoulder)

.....**Rest Day**.....

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Day 4 = Abs + Bowling Specific

**ABS (Complete 1 Set of Each then Rest 1 Min & Another Sets
= 3 Sets)**

1. Lying leg raises - 12-15 Reps
2. Side Plank - 45 Seconds Hold (Both Sides)
3. Crunches - 20-25 Reps
4. Mountain climbers - 45 Seconds
5. Hollow Hold - 20-30 Seconds Hold

Bowling Specific

1. Weighted Front Foot Hold in Stride Position - 5 Sets * 30 Sec Hold
2. Weighted Step-Up Alternate legs - 3 Sets * 10 Each Leg
3. Drop Jump from box and bowl - 3 Sets * 10 Reps
4. Drop Jump in Stride position - 3 Sets * 10 Reps
5. Seated Bowling - 3 Set * 10 Reps

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Day 5 = Arm + Crossfit + Bowling Specific

Arms + Crossfit

1. Diamond push ups - 3 Sets * Max Reps
2. Seated Bench Dips - 3 Sets * 10-12 Reps
3. Alternate Bicep Curls - 3 Sets * 10-12 Each Side
4. Deadlift - 3 Sets * 10 Reps
5. Dumbbell Clean Jerk - 3 Sets * 10 Each Arm
6. Chin ups - 3 Sets * Max Reps
7. Single Arm Split Jerk - 3 Sets * 10-12 Reps

Bowling Specific

1. Resisted Bowling Action = 3 Sets * 20 Repsz
2. Weighted Delivery Stride Hold = 3-5 Sets * 30 Sec
3. Run Up Wall Drill = 3 Sets * 50 Reps
4. Trunk Rotation Drills = 3 Set * 20 Reps
5. Overloading Non Bowling Arm = 3 Sets * 10 Reps

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Day 6 = Chest + Bowling Specific

Chest

1. Clap Push-Ups = 3 Sets * Max Reps
2. Decline Push-Ups = 3 Sets * Max Reps
3. Banded Push-Ups = 3 Sets * Max Reps
4. Single Arm Dumbbell Press = 3 Sets * 10 Each Arm
5. Pull Over = 3 Sets * 10 Reps

Bowling Specific

1. Drop Jump & Board jump - 3 Sets * 10 Reps
2. Stride Position Jumps - 3 Sets * 20 Jumps
3. Resisted Front Foot Hold - 5 Sets * 30 Sec Hold
4. Seated Bowling - 3 Sets * 10 Reps
5. Perform Bowling action and stp in stride position - 3 Sets * 10 Reps

.....**Rest**.....