



AUSTRALIAN  
CRICKET INSTITUTE

# INTERMEDIATE TRAINING PROGRAM

## TRAINING IN THE GYM

MONDAY	CHEST, BACK & BICEPS
TUESDAY	SHOULDERS, LEGS & TRICEPS
WEDNESDAY	CARDIO
THURSDAY	CHEST, BACK & BICEPS
FRIDAY	CARDIO
SATURDAY	SHOULDERS, LEGS & TRICEPS
SUNDAY	CARDIO

### MONDAY & THURSDAY: CHEST, BACK & BICEPS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Chest	Flat Barbell Bench Press	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Warm up with a light weight then perform your 4 sets. You can perform this exercise with free weights or a pin loaded machine. Your final set should feel quite heavy and last few reps should be difficult or performed as forced reps
	Incline Dumbbell Press (Monday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Start with relatively light dumbbells and increase the weight on each set. Your final set should feel quite heavy and your 9th and 10th reps should be difficult or performed as forced reps.
	Alternate With Flat Bench Dumbbell Flyes (Thursday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Use moderate weight dumbbells, lie on a bench and perform Dumbbell flyes using a wide arc. When the dumbbells are at their highest point and touching, contract and squeeze your chest muscles for added intensity. A Pec Dec machine can also be used for this exercise
Back	Wide Grip Chin Ups (Monday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Use a wide grip, start in a hanging position and pull up until your chin just touches the bar, then lower in a controlled movement. If you can do more than 10 reps use a weight belt and hook and add extra weight.
	Close Grip Lat Pull Downs (Thursday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Use a narrow underhand grip or a narrow handle and pull down to the top of your chest with a slight arch in your back. Stretch your back muscles when your arms are extended. Increase the weight in each set but keep the movement smooth and controlled.
	Seated Cable Rows (Monday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Focus on contracting your back muscles to pull the weight towards you and stretching your back as your arms extend away from you. Don't bend too far forward from your waist, make most of the movement through your arms and back.
	Alternate with Bent Over Dumbbell Rows (Thursday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Kneel on a bench with one knee and support with your arm. With your other arm pull up the dumbbell to your rib cage then lower to get a good stretch.



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### MONDAY & THURSDAY: CHEST, BACK & BICEPS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Biceps	Standing Barbell Biceps Curl	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. For added intensity squeeze your biceps for a count of one in the contracted position. Increase the weight with each set. If you have to heave up the weight or arch your back, it's too heavy.
	Seated Alternate Dumbbell Curls (Monday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Your arms will be warm from the barbell curls so you can launch straight into this exercise with a good weight. Focus on good form and squeeze each biceps muscle at the top of the movement before lowering. Try to keep your upper body still and let your biceps do all the work.
	Alternate with EZ Bar Preacher Curl (Thursday Workout)	<b>4 x 8 - 10 repetitions</b> Rest 1 - 2 minutes between sets	Use a close grip on an EZ bar and perform curls on a preacher bench. Lower the weight slowly and don't bounce the weight at the bottom of the movement. Contract the biceps muscles for 1 second at the top of the curl for added intensity
Abdominals	Plank	<b>3 x 1 minute sets</b> Rest 2 - 3 minutes between sets	Adopt a push up position and raise your upper body by resting on your forearms and raise your lower body up on your toes. Keep your back straight and parallel to the floor and hold that position for one minute.



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## TUESDAY & SATURDAY: SHOULDERS, LEGS & TRICEPS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Shoulders	Seated Dumbbell Press	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	your 4 working sets. Start with the dumbbells lightly touching your shoulders then press up powerfully and lower slowly. Increase the weight with each set but make sure you maintain good form. Don't arch your back excessively.
	Dumbbell Side Raises	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	Start with a relatively light weight that allows you to perform this exercise correctly. Your arms should be hanging by your sides with a moderate elbow bend. Lift your arms in an arc to the side, concentrating on keeping your elbows high and holding your hands in a position that emulates pouring water out a jug. This should produce a strong burn in your side deltoid muscle when performed correctly. Don't raise your hand higher than your ears.
	Barbell Upright Rows (Tuesday Workout)  Alternate With	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	In a standing position take an overhand narrow grip on a moderate weight barbell. Lift the bar to your chin in a controlled movement keeping it close to your body, then lower back to the starting position.
	Bent Over Rear Delt Raises (Saturday Workout)	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	Start with relatively light dumbbells. Bend forward from the waist / hips with the dumbbells hanging, then lift the dumbbells in an arch out from your sides with your elbows slightly bent. Keep your elbows forward through the movement.
Legs	Barbell Squats (Tuesday Workout)  Alternate with	<b>4 x 12 repetitions</b> Rest 2 minutes between sets	You will need a squat rack to perform this exercise properly. Your feet should be shoulder width apart and the bar should sit comfortably across your shoulders. When squatting, keep your head up and your back straight. Squat down until your thighs go a little further than parallel to the floor, then push back up through your heels.
	Seated Leg Press (Saturday Workout)	<b>4 x 12 repetitions</b> Rest 2 minutes between sets	Use a shoulder width foot spacing and start with a few lighter warm up sets and then work up to 2 heavy sets. Push through your heels for maximum quad stimulation.
	Lying Leg Curl (Tuesday Workout)  Alternate with	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	This exercise works the hamstring and is important for balanced leg development. Start with a lighter weight and work up to a final heavy set. Hold your leg in the contracted position for a count of 2 for added intensity
	Stiff Leg Dead Lifts (Saturday Workout)	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	This exercise works the hamstring and is important for balanced leg development. Start with a medium weight barbell, holding it in front of you, arms hanging with an overhand grip. Bend forward from your hips, not your lower back, hanging the dumbbell down until you get a good stretch in your hamstrings. Contract your glutes as you return to standing position pivoting through your hips.



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MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Calves	Standing Calf Raises	<b>4 x 20 repetitions</b> Rest 1 - 2 minutes between sets	Start with a relatively light weight and do a warm up set, then increase the weight on each set. Aim for a full stretch at the bottom and full contraction at the top on each rep.
Triceps	Lying Triceps Extension	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	You can use a straight or EZ bar for this exercise. Lying on a bench, start with grip a bit less than shoulder width and the weight extended overhead. Keeping your upper arms still, lower the weight by bending at the elbow until the bar or your hands just touches the top of your head. Push the bar back to the straight arm position in a smooth and controlled arc.
	Triceps Pushdown (Tuesday Workout)	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	Increase the weight on each set. On your last set you should find the last few reps very difficult. To keep tension on your triceps don't lock your arms at the bottom of the movement, just keep your arms moving in a controlled steady motion.
	Alternate with Close Grip EZ bar Presses (Saturday Workout)	<b>4 x 10 - 12 repetitions</b> Rest 1 - 2 minutes between sets	Start with a moderately heavy weight on an EZ bar. Use a narrow grip, lie back on a bench, then press up the weight like a close grip bench press.
Abdominals	Crunches	<b>2 x 20 repetitions</b> Rest 2 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.