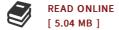# DS Performance - Strength Conditioning Training Program for Cricket, Agility, Advanced (Paperback)

By D F J Smith

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A 12 week strength conditioning training program for Cricket, focusing on agility conditioning for an advanced level. DS Performance have created an exclusive series of sport specific, strength conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40 -95 . The tables are broken down into 5 loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend...

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