

Cricket Challenge

Complete 20 overs Batting & Fielding

● BATTING

20 mins to get through what you can
Can you hit a 4 or a 6?

Battle Rope – 30 x 2 Double Slam

AMT – 5 mins – Lv 5/10

TRX Push Ups – 15 x 2

TRX Squat Jumps – 20 x 2

Inch-Worm – 15 x 2

Narrow Squat Pulse – 20 x 2

Goblet Squats – 10+kg – 15 x 2



● FIELDING

20 mins to get through what you can
Can you bowl / catch them out?

Flutter Kicks – 20 x 2

Inch-Worm & plank – 60 sec x 2

Elliptical (XT) – 5 mins – Lv 6/12

Lunges – Alternate Jumps – 20 x 2

Dragon Walks – 10 x 2

Inch-Work & 12 push ups x 2

Narrow to Wide Squat Jumps – 20 x 2

Goblet Squats Wide – 10+kg – 15 x 2

Have a break for Tea & Scones
In between Batting &
Fielding (3-5 mins MAX)

