

# Bowling Fitness - Introduction

## Bowling Physical Cycle

The following table summarises the cycle, its motions, weights moved the distances involved, and the number of repetitions for a typical pairs match using 4 bowls each over 21 ends.

<b>Bowling Cycle - Example - Pairs Match, 4 Bowls, 21 Ends</b>						
Step	Event	Motion	Weight (kg)	Distance (m)	Repetitions	Total Time (mins)
	<b>Prepare to play:-</b>					
1	Remove bowls from storage	Back bend and lift	6.0	0.5	1	2
2	Carry bowls to green	Walk carrying bowls	6.0	20.0	1	3
3	Place bowls on bank	Back bend down and lower	6.0	0.5	1	1
4	Pick up your bowls	Back bend up and lift	6.0	0.5	1	1
5	Step onto green with bowls	Step down 30cm over a 20cm wide ditch	6.0	0.3 down 0.5 sideways	1	1
6	Put bowls on green	Back bend down and lower	6.0	0.5	1	2
	<b>Repeat for each end:-</b>					
7	Pick up and place mat	Back bend lift, carry and lower	1.0	0.5	21	4
8	Pick up jack and deliver	Back bend lift, carry and deliver	0.45	0.5	21	2
9a	Pick up bowl	Back bend, clasp bowl, straighten	1.5	0.5	84	4
9b	Align Bowl and drop down	Hold bowl in front, align, drop	1.5	+0.5 -1.0	84	6
9c	Draw back	Swing bowl back	1.5	0.3	84	4
9d	Deliver	Swing forward, step and release	1.5	0.5	84	4
9e	Follow through	Arm forward, wait, stand	0.0	0.0	84	4
10	Walk to other end	Walk	0	40.0	21	21
11	Wait for bowlers	Stand or sit	0		21	84
12	Monitor bowls coming up	Stand and occasional bend	0		21	84
13	Move bowls behind tee	Kick with feet	12.0	5.0	21	10
	<b>Vacate green:-</b>					
14	Pick up bowls	Back bend and lift	6.0	0.5	1	1
15	Walk to other end	Walk carrying bowls	6.0	40.0	1	3
16	Step off green	Step over a 20cm wide ditch and up 30cm	6.0	0.3 up 0.5 sideways	1	1
17	Put bowls in carrier	bend and lower bowls	6.0	0.5	1	2
18	Carry bowls from green	Walk carrying bowls	6.0	20.0	1	3
19	Store bowls	Back bend and lower	6.0	0.5	1	2

## Guidelines

The exercise sets chosen can be performed regularly or prior to bowling in order to better prepare the body to cope with the stresses. The exercise sets are designed to improve strength and stamina that are integral to successful bowls.

In order to compile this programme, the assistance of an exercise professional from **Perfect Fit** has been enlisted. **It is recommended that if you have a history of physical problems, you should consult your doctor before embarking on a new physical activity programme.** If at any time you feel undue pain or discomfort you should stop. Remember to always work within your limitations.

Some mild exercises have been chosen for you to use to prepare for a lawn bowling session.

- For most exercises, if weights are used, use weights that are equivalent to a bowls weight (1.5kg).
- Choose exercises in each set to suit your capability and required fitness improvement aims.
- Where exercises are handed, they should be done on both hands.
- Increase movement/loads each exercise session to within your own capability.
- Exercise to levels that makes it burn a little, don't make it too easy.
- Vary your chosen exercise set every now and then.

## Safety

- Give yourself time to warm up and cool down.
- Give yourself adequate space to carry out the exercises.
- Choose suitable and comfortable clothes to wear.
- Have water to hand to replace fluids.
- Learn the exercises to make them safer and easier.
- Use a bowls holder to exercise with bowls, or use proprietary exercise weights.
- Dropping bowls during exercise is dangerous.
- Listen to your body. Reduce the exercise level or stop if you struggling to finish a session.
- Stop if at any time you feel undue pain or discomfort.
- Consult our exercise professional if you have any queries on these exercises or want to extend them.

## Body Muscle Groups

The main muscle groups targeted are listed, other muscles are also exercised.

Skeletal muscles work in pairs.

Muscles can only take load in tension.

Muscles contract to apply movement/load, the paired muscle relaxes.

Aerobic exercises use energy requiring oxygen.

Anaerobic exercises use stored energy within muscles.

### **Muscle Pairs:-**

- |             |                                     |
|-------------|-------------------------------------|
| Shoulder    | - Deltoids and Chest/Back           |
| Upper Arm   | - Biceps and Triceps                |
| Upper Torso | - Chest and Back                    |
| Lower Torso | - Abs and Lower Back                |
| Upper Leg   | - Quadriceps and Hamstrings         |
| Lower Leg   | - Tibialis Anterior (Shin) and Calf |

### **Other:-**

- |           |  |
|-----------|--|
| Tendons   | - Connect muscles to bone and joints         |
| Ligaments | - Hold tendons in place and stabilise joints |