



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 2



TODAY'S AGENDA



- Warm up – activation routine
- **Bodyweight session**
- Part 1 emphasis on lower body strength and balance
- **Part 2 explosive power**
- Stretches



WARM UP

RAMP WARM-UP





MAIN SESSION



EXERCISE	SETS	REPS	REST	WEIGHT
SQUATS	5	10	1 MINUTE	BODYWEIGHT
SINGLE LEG RDL	5	20		
SPLIT SQUAT	5	20		
HAMSTRING WALK OUT	5	10		
CALF RAISE	5	20		
PART 2 – PLYOMETRICS				
SQUAT JUMP	3	10	2 MINUTES	BODYWEIGHT
SPLIT SQUAT JUMP	3	20		
JUMP LUNGE	3	20		
FULL STRETCH				



THANK YOU & SEE YOU ON MONDAY

PLEASE LET ME KNOW IF YOU HAVE ANY GYM EQUIPMENT
AT HOME YOU CAN USE FOR THE SESSIONS

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