



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 2



TODAY'S AGENDA



- Warm up – activation routine
- **Glute focus**
- Bodyweight session
- **Fitness challenge**
- Stretches

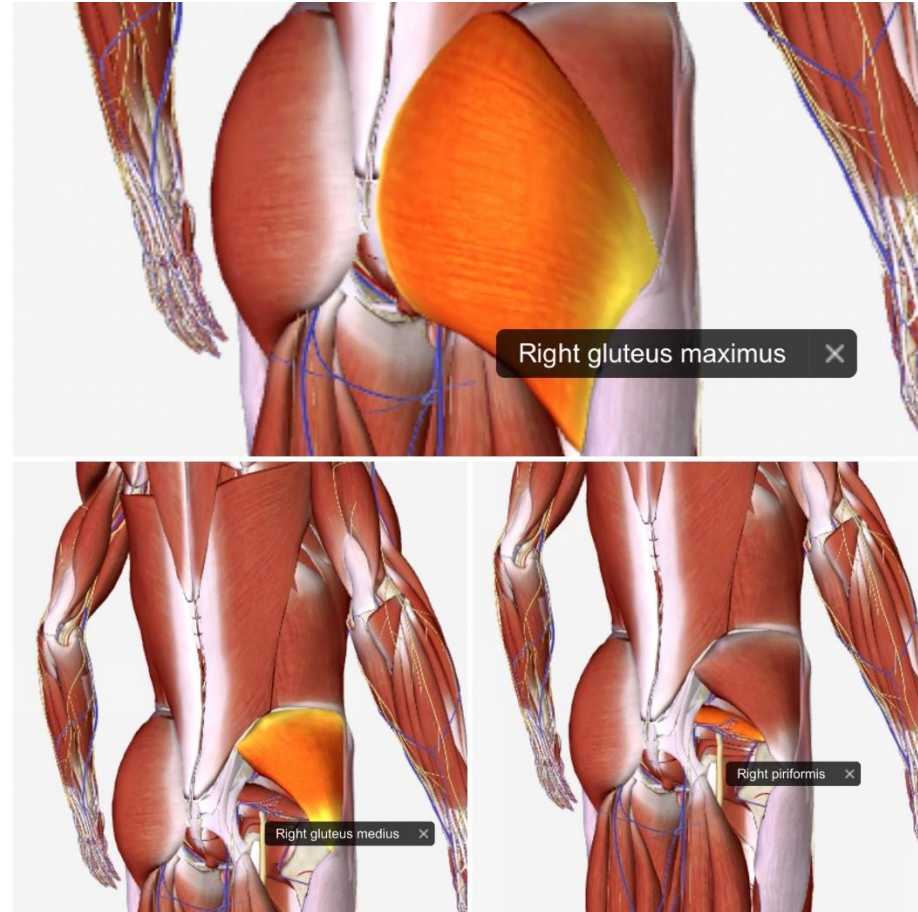


WARM UP

RAMP WARM-UP



THE GLUTES



THE GLUTES



- The gluteus maximus is the main muscle involved in extending the hips, along with the hamstrings. It also plays a role in external rotation of the hip
- **The gluteus medius helps extend and externally rotate the hip and also abducts the hip**
- The piriformis both abducts and adducts the leg, the shape of the leg changes the action



GLUTE WORKOUT



| EXERCISE | SETS | REPS | REST | WEIGHT |
|----------------|------|------|----------|------------|
| CLAMS | 3 | 10 | 1 MINUTE | BODYWEIGHT |
| LEG ROTATIONS | 3 | 10 | | |
| CIRCLES | 3 | 10 | | |
| RAISED CLAMS | 3 | 10 | | |
| LEG EXTENSIONS | 3 | 10 | | |



TODAY'S WORKOUT



| EXERCISE | REPS | EXERCISE | REPS |
|--------------|------|----------|------|
| BURPEES | 10 | LUNGES | 50 |
| BURPEES | 10 | CRUNCHES | 100 |
| PUSH UPS | 25 | BURPEES | 10 |
| BURPEES | 10 | PUSH UPS | 25 |
| PUSHUPS | 25 | LUNGES | 50 |
| LUNGES | 50 | CRUNCHES | 100 |
| BURPEES | 10 | SQUATS | 150 |
| CRUNCHES | 25 | | |
| FULL STRETCH | | | |



THANK YOU & SEE YOU ON
WEDNESDAY
