



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 4



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
PRESS UPS	5	10		
PLANK WALKOUT	5	10		
STEP THROUGHES	5	10	1 MINUTE	BODYWEIGHT
MOUNTAIN CLIMBERS	5	20		
GET UPS	5	10		
THE CROW POSE	5	30 SECS	1 MINUTE	BODYWEIGHT
CHALLENGE				
HAND STAND CHALLENGE - GREAT FOR UPPER BODY STRENGTH AND STABILITY THROUGH SHOULDERS AND CORE. THE CHALLENGE IS TO DO A HANDSTAND FOR 1 MINUTE. THIS CAN BE UP AGAINST A WALL OR FREE STANDING. SEND VIDEOS IN TO SUPPORT				
FULL STRETCH				



THANK YOU & SEE YOU ON MONDAY
