



# DANISH NATIONAL SQUAD

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STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 5



# TODAY'S AGENDA



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



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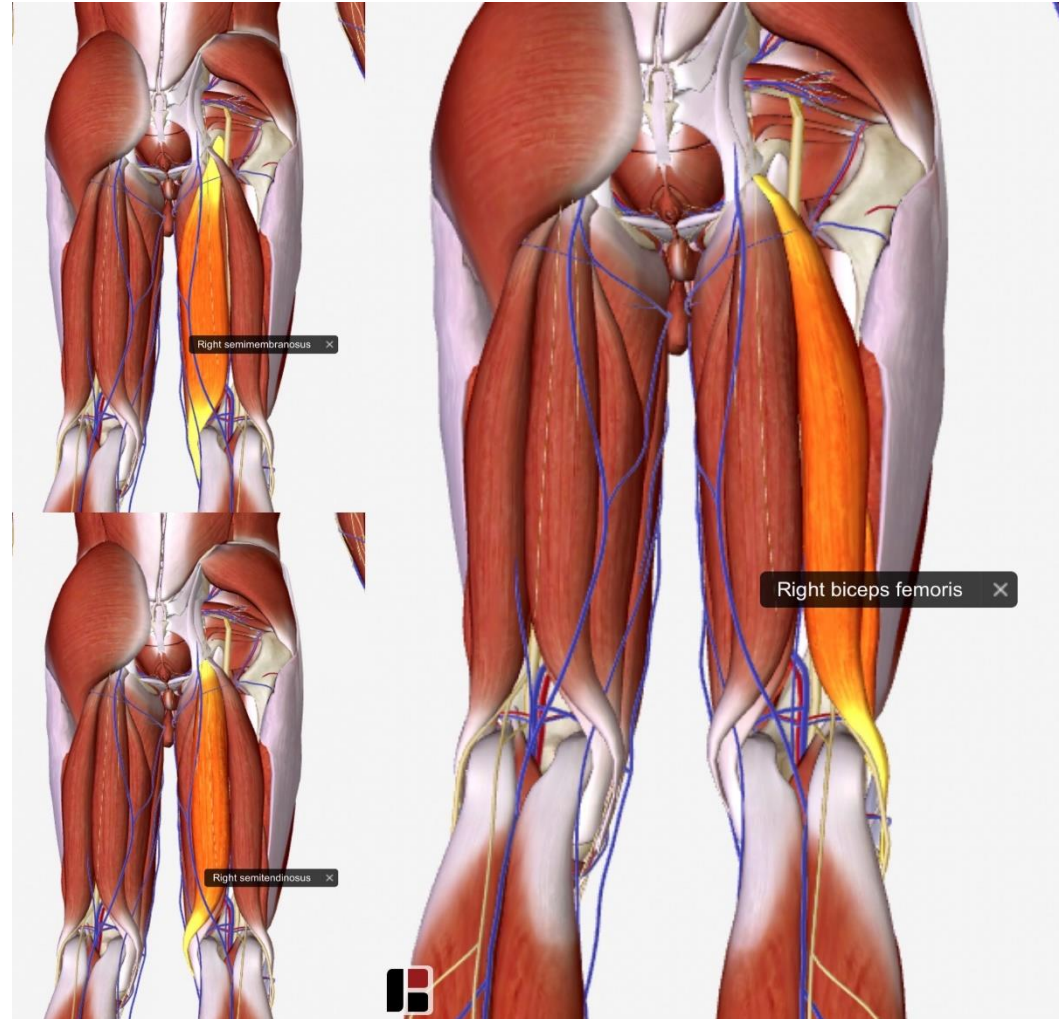
# WARM UP

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# RAMP WARM-UP



# THE HAMSTRINGS



# THE HAMSTRINGS



- The three muscles of the hamstring extend the hip and flex the knee
- **The hamstrings also act to control extension of the leg**
- What does this mean for fencing? 75% of lower limb muscle injuries in fencing are hamstring strains
- **These injuries happen in either the quick extension of the back leg or the breaking of the front leg when lunging**
- What type of training do we need to do for the hamstrings?

# HAMSTRING EXERCISES

EXERCISE	SETS	REPS	REST	WEIGHT
ROMANIAN DEADLIFT	1	10	1 MINUTE	BODYWEIGHT
HAMSTRING BRIDGE	1	10		
SINGLE LEG RDL	1	10		
HAMSTRING WALKOUT	1	10		
NORDIC CURL	1	10		
HAMSTRING SLIDE	1	10		



# TODAY'S WORKOUT



EXERCISE	REPS
PUSH UPS	50,40,30,20,10
SQUAT THRUSTS	50,40,30,20,10
TRICEP DIPS	50,40,30,20,10
BURPEES	50,40,30,20,10
SPRINT ON SPOT	50,40,30,20,10
V SITS	50,40,30,20,10
FULL STRETCH	





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**THANK YOU &** SEE YOU ON  
WEDNESDAY

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