



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 6



TODAY'S AGENDA



- Warm up – activation routine
- **Bodyweight session**
- Part 1 lower body strength and fencing movements
- **Part 2 endurance challenge**
- Stretches



WARM UP

RAMP WARM-UP



MAIN SESSION

EXERCISE	SETS	REPS	REST
FRONT TO REVERSE LUNGE	5	20	1 MINUTE
IN OUTS	5	50	
SQUAT JUMPS	5	10	
EN GARDE HIGH KNEES	5	40	
LATERAL TO CURTSY LUNGE	5	20	
EN GARDE FAST FEET	5	30	
STATIC LUNGE	5	30 SECS EACH LEG	
FULL STRETCH			
WALL SIT CHALLENGE – HOW LONG CAN YOU GO?			



THANK YOU & SEE YOU ON MONDAY
