



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING
CHRISTMAS TRAINING CAMP SESSION 1



TODAY'S AGENDA



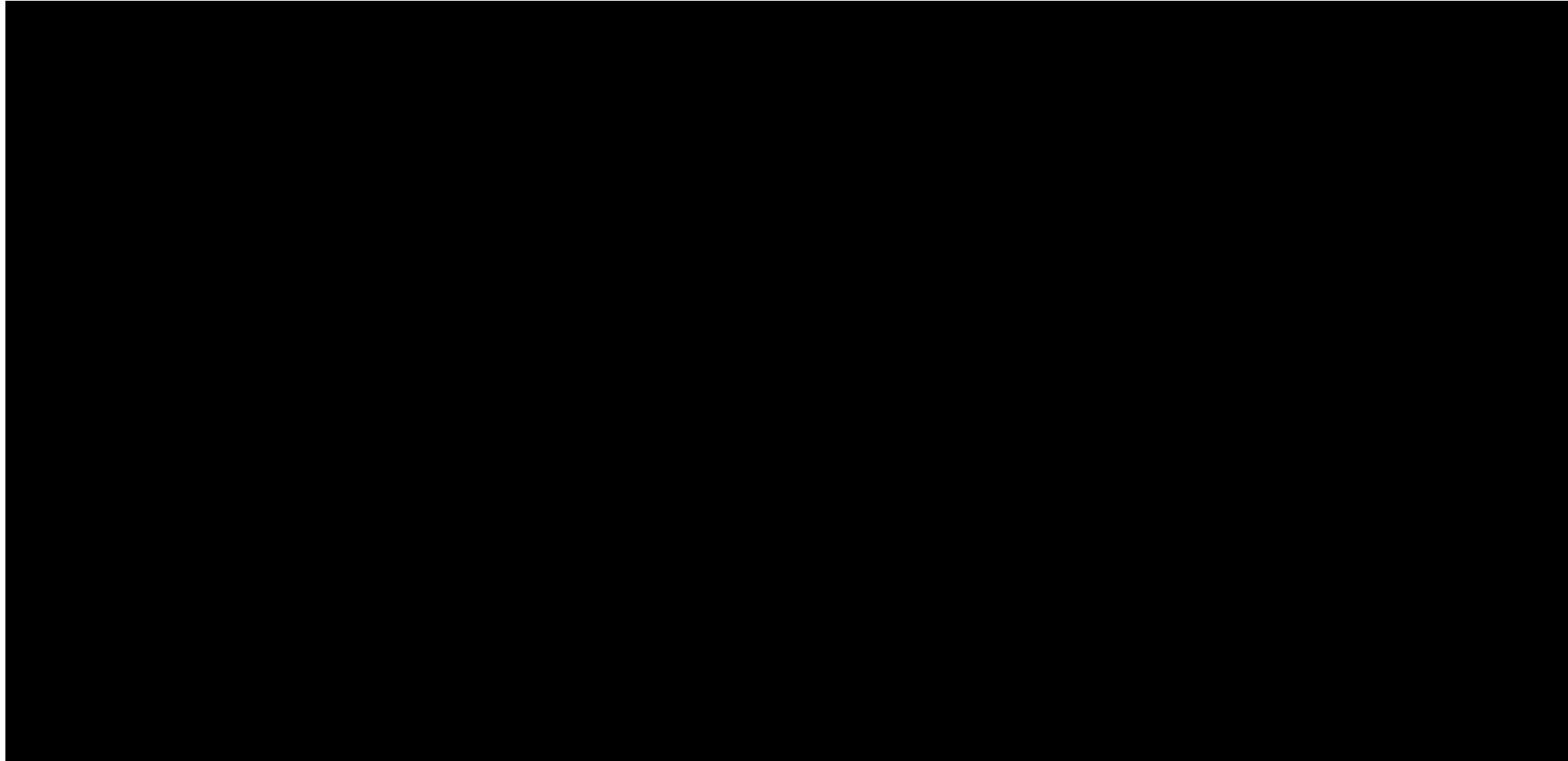
- Warm up – activation routine
- **Bodyweight session**
- Lower body workout
- **Stretches**



WARM UP



RAMP WARM-UP





MAIN SESSION



EXERCISE	SETS	REPS	REST	WEIGHT
1 ½ REP SQUATS	5	10	1 MINUTE	BODYWEIGHT
PLANK WALKOUT	5	10		
SINGLE LEG RDL	5	20		
PUSH UPS	5	10		
HAMSTRING WALKOUT	5	10		
PART 2 – PLYOMETRICS				
SPLIT SQUAT JUMP	3	30 SECS	2 MINUTES	BODYWEIGHT
JUMP LUNGE	3			
CYCLES	3			
FULL STRETCH				



THANK YOU & SEE YOU ON
TOMORROW
