



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING
CHRISTMAS TRAINING CAMP SESSION 3



TODAY'S AGENDA



- Warm up – activation routine
- **Conditioning session**
- Stretches



WARM UP



RAMP WARM-UP





MAIN SESSION



EXERCISE	SETS	REPS	REST
EN GARDE FAST FEET		30	
TUCK JUMPS	10	10	30 SECONDS
EN GARDE HIGH KNEES		30	
BURPEES		20	
LUNGE AND RECOVER		10	
	CORE		



THANK YOU
