



# DANISH NATIONAL SQUAD

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STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 1



# TODAY'S AGENDA



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



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# WARM UP

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# RAMP WARM-UP





# TODAY'S WORKOUT



EXERCISE	SETS	REPS	REST	WEIGHTS
BULGARIAN SPLIT SQUAT		20		OPTIONAL FOR BULGARIAN IF YOU HAVE THEM
T PUSH UP		10		
HAMSTRING DROP	5	20	90 SECONDS	
PIKE PUSH UP		10		
SQUAT TO BROAD JUMP		8		
FITNESS CHALLENGE				



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**THANK YOU &** SEE YOU ON SATURDAY

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