



# DANISH NATIONAL SQUAD

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STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 2



# TODAY'S AGENDA



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



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# WARM UP

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# TODAY'S WORKOUT



| EXERCISE                  | SETS | REPS | TIMING | REST       |
|---------------------------|------|------|--------|------------|
| 1A ECCENTRIC SQUAT        | 4    | 8    | 4.0.0  | 90 SECONDS |
| 1B HOP FOR DISTANCE       |      | 8    |        |            |
| 2A SL RDL                 | 4    | 20   | 2.1.2  | 90 SECONDS |
| 2B LATERAL HOP            |      | 8    |        |            |
| 3 LATERAL LUNGE TO CURTSY | 4    | 20   | 1.1.1  | 1 MINUTE   |
| 4A MOUNTAIN CLIMBERS      | 3    | 40   |        | 1 MINUTE   |
| 4B TUCK JUMPS             |      | 15   |        |            |
| 4C CALF RAISES            |      | 15   |        |            |



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THANK YOU & SEE YOU ON  
WEDNESDAY

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