



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 1



TODAY'S AGENDA



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



WARM UP



TODAY'S WORKOUT

EXERCISE	SETS	REPS	REST	NOTES
2 STEP BURPEE	5	10	90 SECONDS	2 FORWARD 2 BACK
PLANK PULL THROUGH		20		
SQUAT TO LUNGE		10		FENCING LUNGE
SL HAMSTRING BRIDGE		20		
POGOS TO STEP LUNGE		10		10 POGOS 1 LUNGE = 1 REP
FITNESS CHALLENGE				



THANK YOU & SEE YOU ON
WENDESDAY
