



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 4



TODAY'S AGENDA



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



WARM UP

RAMP WARM-UP





TODAY'S WORKOUT



EXERCISE	SETS	REPS	TIMING	WEIGHT	REST
1A SQUAT	4	8	3.2.0	YES	90 SECONDS
1B CMJ		5			
2A LATERAL SPLIT SQUAT	4	16	3.2.0	YES	90 SECONDS
2B SL RDL		20	2.1.2	YES	
3 SL HIP THRUST	4	20	2.1.1	YES	60 SECONDS
A POGOS	3	15	NA	NA	60 SECONDS
B 2 STEP LUNGE, RECOVER, RETRACT		10			
C SQUAT LUNGE		10			



THANK YOU
