



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 6



TODAY'S AGENDA



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



WARM UP

RAMP WARM-UP





TODAY'S WORKOUT



EXERCISE	SETS	REPS	REST	WEIGHTS
FRONT TO REVERSE LUNGE	5	20	1 MINUTE	YES
LATERAL PUSH		10		NO
LATERAL LUNGE TO CURTSY		20		YES
YOGI PUSH UP		10		NO
SL RDL		20		YES
SPLIT SQUAT JUMP	3	30 SECONDS EACH	1 MINUTE	NO
JUMP LUNGES				
CYCLES				



THANK YOU & SEE YOU ON MONDAY
