



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 7



TODAY'S AGENDA



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



WARM UP

RAMP WARM-UP





TODAY'S WORKOUT



EXERCISE	SETS	REPS	TIMING	REST
1A ISOMETRIC DEADLIFT	3	5	0.4.0	90 SECS
1B CMJ		5		
2A ISOMETRIC BENT OVER ROW	3	10	0.4.0	90 SECS
2B PUSH UPS		10		
3 ISOMETRIC SPLIT SQUAT	3	10	0.4.0	90 SECS
A JUMP LUNGES	3	20		60 SECS
B SQUAT THRUST		20		
C SQUAT JUMPS		10		



THANK YOU & SEE YOU ON
WEDNESDAY
