



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR 2021 LOCKDOWN

SESSION 3



TODAY'S AGENDA



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



WARM UP

RAMP WARM-UP





TODAY'S WORKOUT



EXERCISE	SETS	REPS	TIMING	REST
SHRIMP SQUAT	5	16	1.1.1	1 MINUTE
SPIDER MAN PUSH UP		10	1.1.1	
SL HAMSTRING BRIDGE		20	2.1.2	
DORSAL RAISE		15	1.1.1	
COPENHAGEN ADDUCTOR		16	2.2.2	
FITNESS CHALLENGE				



THANK YOU & SEE YOU ON
WENDESDAY
