Nordic Strength Workouts

For Nordic Strength 1 & 2, generally 45 sec to 1 min rest between sets. Relative Perceived Effort (RPE) should increase from 6 to 9 throughout your sets. Add weight between sets if necessary.

Short on time? Prioritize the ☺ workouts.

Nordic Strength 1

☺Box Jump 3 x 1 min as team - 45 seconds rest
☺Hammer Strength Leg Press 3x8 (there are two machines - alternate use)
☺Shoulder Press 3 x 8 (go heavier)
Hammer Strength Hamstring 2x15 (light on the weights)
☺Lat Pulldown (cable/weights) or Hammer Strength Seated Row 3 x 8 (go heavier)
Eccentric Calf Raises 2 x 15
Lat Dumbbell Fly 3 x 10
Lunge Matrix Forward, Reverse (3x10/10)
☺Bulgarian split squats 2x10 on each leg (start light)
☺Renegade Rows 2x20

Nordic Strength 2

Heavy Rope 3 x 30 seconds
☺Squat 2 x 12 (emphasize technique over weight)
☺Pull Up or Weighted Pull Up (3 x max)
☺Hex Bar Deadlift 2 x 12 (light on the weights until acclimated)
☺Reverse Row 2 x 10-15 body weight (on squat rack)
Side Bridge 2 x 30 seconds each side
☺Bench 3 x 8 or 4 x 3 (heavy with good technique and good spotting)
☺Medicine Ball Slam - 3 x 30 sec or 2 x 45 sec
Superman 5 lb Medicine Ball Pass (with Partner) 2 x 20 seconds
Plank with Leg Extensions (2 x 30 seconds)

Major Lifts

Bench 3 x 8 or 4 x 3 (heavy with good technique and good spotting)
Squat 2 x 12 or 3 x 8
Shoulder Press 3 x 8 (go heavier)
Bulgarian split squats 2x10 on each leg or 3 x 8
Lat Pulldown (cable/weights) 3 x 8
Hammer Strength Leg Press 3 x 8

SkiErg Workouts:

SkiErg 1
4 Teams of 3 - Ski Erg 4 x 2 min each at L4 (3 people x 4 reps x 2 min = 24 min total)
One minute tuck on balance board after each two minutes.

SkiErg 2
Skierg Ladders 6:5:4:3:2:1 L2 increasing to L5 (alternating with a partner).
21 min x 2 people = 42 min

SkiErg 3
10 x 20 seconds at L6 with 4 min rest