

Nordic Strength 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)
Hammer Strength Shoulder Press 3 x 8 (go heavier)
Hammer Strength Hamstring 2x15 (light on the weights)
Lat Pulldown (cable/weights) or Hammer Strength Iso-Lateral Chest/Back - 3 x 8 (go heavier)
Hammer Strength Seated Row 3 x 8
Eccentric Calf Raises 2 x 15
Lat Dumbbell Fly 3 x 10
Lunge Matrix Forward, Side, Reverse (3x5/5/5)
Hammer Strength Squat 2 x 12 (if space available)
Nautilus Nitro Pullover (2 x 20 - start lighter than you think you need to)

Nordic Strength 2

Heavy Rope 3 x 30 seconds
Squat 2 x 15 (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 2 x 12 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)
Jump Rope 3 x 50

Nordic Strength 3

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 after each two minutes.

Nordic Strength 4

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

Nordic Strength 5

10 x 20 seconds at L7 with 4 min rest

#1 General Strength

Pull Up
Squat/Goblet Squat
Dip
Bicycle - 90 seconds
Box Jump
Push Up
Calf Raise
DeadLift
Flutter Kick/V legs - 90 seconds
Superman
Crunch with straps or without
Overhead Press

#2 General Strength

Reverse Crunch
Push Up
Bridge
Upright Row (keep bar below armpit)
Step Up
Bent Over Row
Single Leg Squat
Pull Up
Medicine Ball Toss
Reverse Push Up (dip ring)

#3 Mobility Posture Strength Power

Double Pole Bungee with or without waist strap
RollerBoard
Double Pole with Loops around elbows
Bungee Striding
Bungee Striding and Leg Swing or Hop
Medicine Ball Toss
Bungee V2

Lower Body - repeat 3x - no rest - once per week

squat - 6 x heavy

DB Box Step up 4 per leg x 35 lb

MB High Knee March - 20 x 5 kg

Box Power Clean 4 x 70 kg

Leg Extensions 8 x 80

Swiss Ball Hammy x 8

Single Leg Box Squat 3x each leg

Rotator Cuff

UpperBody - once per week

Bench 8 x 50

Dynamic - 12 x pushup fast

DB Row 8 x 25 lb

MB Slam 10 x 4 kg

Bar Curl 10 x 45 lb

DB Reverse Fly 10 x 10 lb

Back Hyper 8 x

Seating Running Arm 30 x 25 lb

Wrist Curl 20 x 45 lb

Lat Pull Down 8 x 100

DB overhead press 10 x 25

Reverse Stair Bear Crawl

-----repeat

Core and Balance

Dips 10x

Single Leg Jump Steps

Single leg Side Hops

Single Leg V-ups 8 each

Pedestal Leg Lift 6 each

Pedestal Side Crunch 56 eah

Supine pedestal Run

repeat upper body