Team Norway In-Season Workout

Exercise	**DATE**											
Warm-up												
Jumping Rope	**5 min**											
Plyometrics												
DB Squat Jumps	**3x10**											
DB Swing	**3x20**											
Strength Exercises												
DB Unilateral Deadlift	**3x10**											
Walkout Push-ups	**3x10**											
Single Leg DB Squat	**2x10**											
Hanging Leg Raise	**3x15**											
Reverse Pull-ups	**3x10**											
Side Planks	**15x5” ea**											