

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	1 Hour Full Body Blast
Primary Target Area:	Full Body
Approximate Time:	1 hour
Skill Level:	Intermediate or Advanced

Warm-up: 5 minutes on the bike, 5 minutes of Dynamic Stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Thrusters (Squat to Press)	3	8 to 12 Reps	1 Minute	Squat to at least Parallel and Keep the core engaged.
Core bag Deadlift	3	8 to 12 Reps	1 Minute	Keep the core engaged with a neutral spine.
Burpee Box Jumps	3	10 Reps	1 Minute	STEP DOWN from the box on way down.
BOSU Ball Pushups	3	10 Reps	1 Minute	Do not wing out elbows on this movement.
Kettlebell Swings	3	10 Reps	1 Minute	This is a hinge movement, keep the spine neutral and hinge at the hips.
Lunge to Hammer Curl	3	10 Reps	1 Minute	Knees should not go past toes on the bottom of the lunge.

Cool Down: 5 to 10 minutes of Static Stretching

Additional Notes:

Choose weights that will be challenging enough where your 10th Rep is your last Rep. Push through and have fun!



Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Thrusters



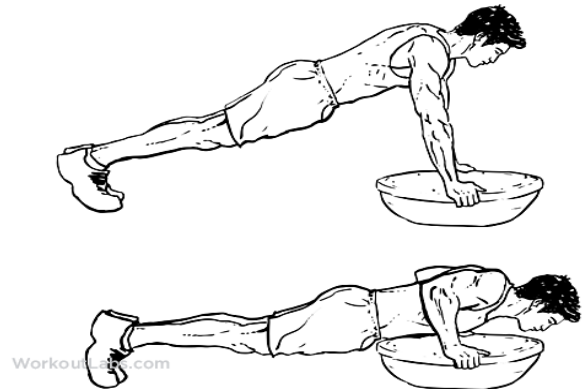
Core Bag Deadlift



Burpee Box Jump



BOSU Ball Pushup



Kettlebell Swings



Lunge to Bicep Curl

