

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Ab Attack
Primary Target Area:	Core
Approximate Time:	20 -30 Minutes
Skill Level:	Intermediate

Warm-up: At least 5 minutes of cardio or jumping rope

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Cable Core Rotation	3	12	None	
Dumbbell Side Bend	3	20	None	
Alternating Plank Row	3	12	None	
Bicycles	3	45 sec	None	
Medicine Ball V-Up	3	12-15	None	
Plank Leg Lift	3	15	None	15 each leg
Lying Leg Raise	3	15	None	
Russian Twist	3	15	None	

Cool Down: Stretch: Supermans, Childs Pose. Any other poses that help elongate the core.

Additional Notes:

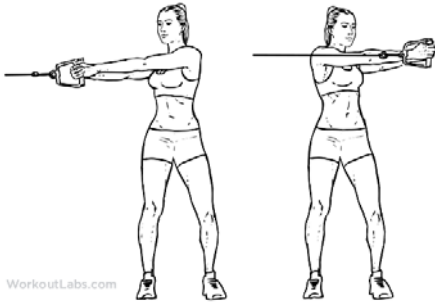
Run through each exercise once and rest for about 30 seconds to a minutes before beginning the second set.



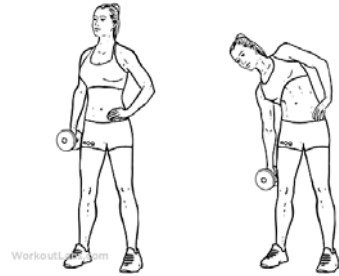
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

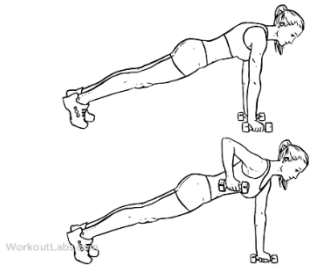
Cable Core Rotation



Dumbbell Side Bend



Alternating Plank Row



Bicycles



Medicine Ball V-Up



Plank Leg Lift



Lying Leg Raise



Russian Twist

