

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Nate Burkhardt



Name of Workout:	ARMageddon
Primary Target Area:	Bicep / Tricep /Forearm
Approximate Time:	30 – 45 Minutes
Skill Level:	Intermediate

Warm-up: 5- 10 Minutes light cardio.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell Curl	4	12,10,8,6	45 Seconds	Increase weight each set.
Close-Grip Bench	4	12,10,8,6	1 Minute	Increase weight each set.
Hammer Curls	3	10,10,10	45 Seconds	
SUPER-SET: Rope Push –Down / Reverse Grip Push Down	3	12 EACH WORKOUT	1 Minute	SUPERSET: Do both workouts back to back then take a break.
SUPER-SET: Triangle Pushups / Chin Ups	3	10 Reps each / Or to Failure	1 Minute	SUPERSET: Do both workouts back to back then take a break.
Forearm Wrist Roller	3	30 Seconds each	1 Minute	Ask the front desk for the wrist roller.

Additional Notes:

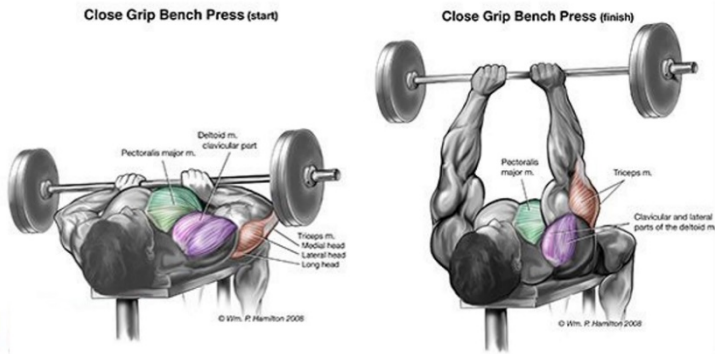
Put in 100% effort, and when going for lower reps make sure you increase the weight in order to get the most out of this workout!

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

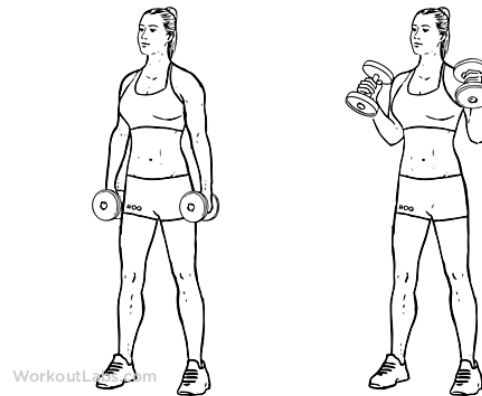


Sample Diagrams

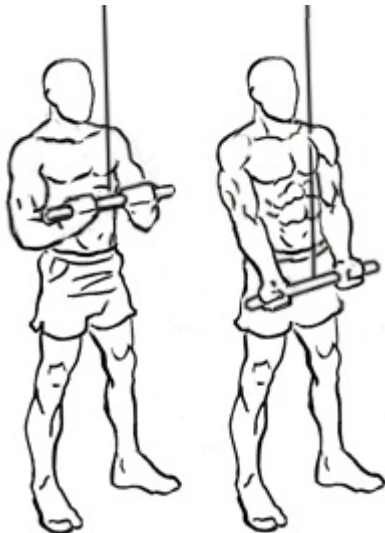
Close Grip Bench



Hammer Curls



Reverse Grip Push Down



Triangle Pushups

