

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Valeria Kudinov



Name of Workout:	Arms for Beginners
Primary Target Area:	Upper Body
Approximate Time:	45-60 mins
Skill Level:	Beginner

Warm-up: 10 minutes on cardio machine of choice (treadmill, elliptical, bike @ 85 rpm)

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Circuit 1	3	12	5 minutes after repeating circuit 3x	Do not move onto circuit without performing circuit 1 3x
Pushups	3	12		Modify w/ wall pushups or pushup on knees
Single Arm Back Row	3	12		12 each arm. Dumbbell weight: 6-12 lbs
Bicep Curls	3	12		Dumbbell weight: 6-12 lbs
Overhead Tricep Extension	3	12		Dumbbell weight: 6-12 lbs
Circuit 2	3	30s	30s	
Overhead Dumbbell Hold	3	30s	30s	Light dumbbells!
Frontal Dumbbell Hold	3	30s	30s	Light dumbbells!
Lateral Dumbbell Hold	3	30s	30s	Light dumbbells!
"Y" Dumbbell Hold	3	30s	30s	Light dumbbells!

Cool Down: Upper body Static Stretches

Additional Notes:

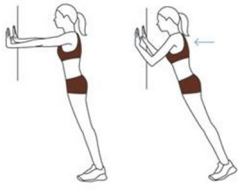
Created for those new to exercising.

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



Sample Diagrams

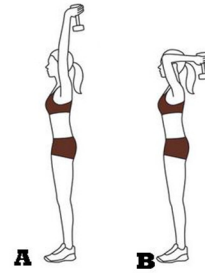
Modified Wall Push Up:



Single Arm Row:



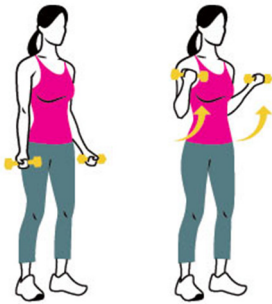
Overhead Tricep Extension:



Overhead Dumbbell Hold:



Bicep Curls:



Frontal Dumbbell Hold:



Lateral Dumbbell Hold:



“Y” Dumbbell Hold:

