**Grab & Go Workouts**  
Presented by the Fitness Centers

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| Name of Workout: | Baby Got BACK |
| Primary Target Area: | Back and Biceps |
| Approximate Time: | 45 min – 1 hour |
| Skill Level: | Intermediate |

Warm-up: 10 minutes of cardio of your choice (walk, run, bike) followed by upper body band stretches.

Exercise Routine

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| Exercise | Sets | Reps/Time | Rest Interval | Notes |
| Tri Set:  Seated Hammer Curls  Seated DB Curls  Alternating Cross Body Curls | 3 | 10-12 | 1 minute | Perform each exercise take a 20-30 second break and then perform the next exercise |
| Superset:  Lat Pulldown  Underhand Grip Pulldown | 4 | 10-12 | 1 minute | Keep chest tall, elbows pointed straight down, squeeze lats 🡪 thinking about pulling them from armpit |
| 21’s | 3 | 21 | 1 minute | Perform bicep curls, 7 from the low position or the middle, 7 from middle to the chest, then 7 full bicep curls |
| Underhand BB Row | 4 | 10-12 | 1 minute | Bend knees slightly while bringing torso forward slightly, bending at the waist. Keep back straight (parallel to floor) |
| Face Pulls | 4 | 10-12 | 1 minute | Pull weight directly towards face, pulling hands apart as the weight is coming towards you. Keep arms parallel to the ground |
| Single Arm DB Bicep Curls | 4 | 10-12 | 1 minute | Keep your elbows pinned to your sides, don’t let them drift forwards. Keep back straight and minimize momentum. |
| Rear Delt Fly | 3 | 10-12 | 1 minute | Bend at the waist, keeping you back straight. Keeping elbows slightly bent, lift weights until both arms are parallel to the floor |

Cool Down: Walk for 5 min on treadmill, then perform upper body and back static stretches.

Adjust weights and reps on how you are feeling; if it is too easy or too hard! More importantly have fun with it!

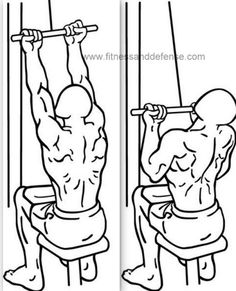
Additional Notes:

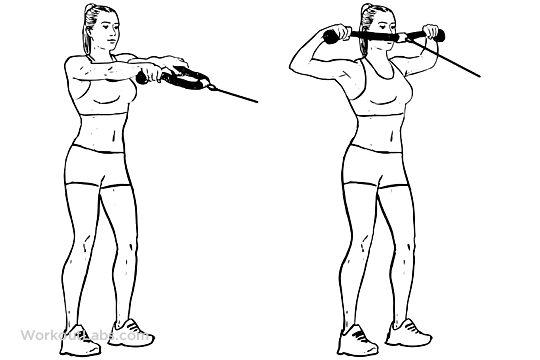
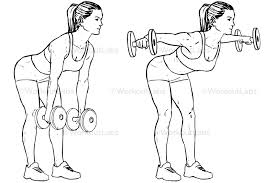
Questions or Comments? Please e-mail fitness@oswego.edu

**Sample Diagrams**

Resistance Band Stretches

Alternating Cross Body Curls Underhand Grip Lat Pulldown Underhand BB Row

Face Pulls Rear Delt Fly