Grab & Go Workouts  
Presented by the Fitness Centers  
Created by: Gio Morel

Name of Workout: Back & Boulders  
Primary Target Area: Back Muscles  
Approximate Time: 45-60 minutes  
Skill Level: Intermediate-Advanced

Warm-up:
1) 5 minutes on cardio machine (low intensity)  
2) Leg Swings (10-12 reps each leg)  
3) Active hang (20-30 seconds)

Exercise Routine

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps/Time</th>
<th>Rest Interval</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Deadlift</td>
<td>4</td>
<td>8-10</td>
<td>60 seconds</td>
<td>Concentrate on a slow + controlled negative (eccentric)</td>
</tr>
<tr>
<td>Face Pull</td>
<td>4</td>
<td>10-12</td>
<td>45</td>
<td>Keep the weight on the lower side and focus on range of motion</td>
</tr>
<tr>
<td>Lat Pulldown</td>
<td>4</td>
<td>8-10</td>
<td>45 seconds</td>
<td>Retract shoulders and lean back slightly while keeping back straight</td>
</tr>
<tr>
<td>Lateral Dumbbell Raises</td>
<td>4</td>
<td>10-12</td>
<td>45</td>
<td>Keep the weight on the lower side and do not use momentum.</td>
</tr>
<tr>
<td>Dumbbell Rows on Bench</td>
<td>4</td>
<td>8-10</td>
<td>45 seconds</td>
<td>Hold at top briefly and follow through at a slow pace.</td>
</tr>
<tr>
<td>Dumbbell Shrugs</td>
<td>4</td>
<td>10-12</td>
<td>45</td>
<td>Do not complete reps in circular motion. Keep a linear motion in shoulders</td>
</tr>
</tbody>
</table>

Cool Down: Foam-roll targeted muscles as well as performing static stretches of your choice.

Additional Notes:

Proper form and range of motion should be your priority before moving up in weight. Select weights that are challenging but allow you to maintain proper ROM and form.

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

Barbell Deadlift

Lat Pulldown

Dumbbell Rows on Bench

Dumbbell Shrugs

Face Pull

A.  B.

Lateral Dumbbell Raises