

Grab & Go Workouts

Presented by the Fitness Centers

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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

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

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

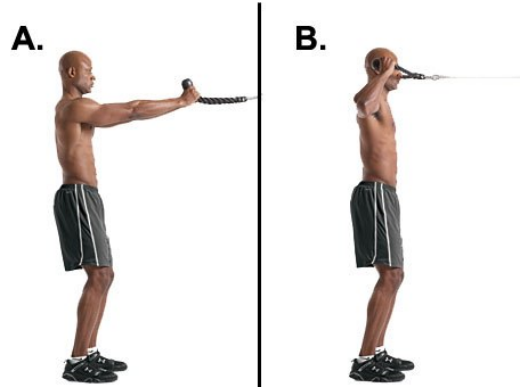
Additional Notes:

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 Face Pull



Lateral Dumbbell Raises



Barbell Deadlift



Lat Pulldown



Dumbbell Rows on Bench



Dumbbell Shrugs

