

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	“Bear Mode”
Primary Target Area:	Neck, Shoulders, Traps
Approximate Time:	1 hour
Skill Level:	Intermediate

Warm-up: Low to moderate-intensity cardio for 5 min.

Light cable face pulls (2 sets, 10 reps)

External rotation with band (15 reps each shoulder)

Shoulder rolls (10 forward, 10 backward)

Exercise Routine

Exercise	Sets	Reps	Rest Interval	Notes
Plated Neck Curls	3	15-20 reps	1 min.	Lay face-up on a bench, place weight on forehead (wear a beanie, hat, or use a towel for padding), inhale as you stretch your neck towards the ground and exhale as you raise your head up while flexing your neck
Dumbbell Overhead Press	3	8-10 reps	1 min.	Grab a pair of dumbbells and sit on a vertical bench. Keeping your back straight, place each dumbbell next to your ears and push upwards until your arms are extended, slowly control the weight down
Rack Pulls	3	4-6 reps	1 min.	Set rack height just above knees, keep back straight, grab the barbell shoulder-width apart, drive your legs through the ground. Let your shoulders drop when pulling to allow your traps to achieve a greater stretch
Side Lateral Raises	3	12-15 reps	1 min.	Gripping a lighter pair of dumbbells, bring your arms from your waist up to the height of your shoulders with a slight bend in your elbows. Control the weight on the way down, keep constant tension by stopping right before the dumbbells hit your legs
Dumbbell Shrugs	3	20 reps	1 min.	Grab a pair of dumbbells and shrug back and up in one fluid motion. Hold at the top for one second, let the weight drop your shoulders for greater trap stretch.

Cool Down: Static shoulder stretches (hold for 30 seconds)

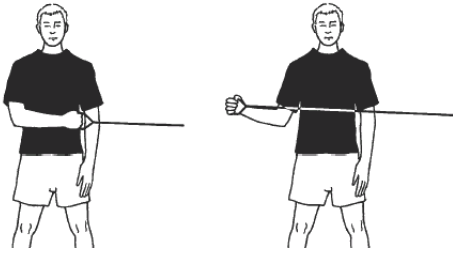
Additional Notes:

Use a weight that will allow you to reach the designated rep range with 2 reps shy of failure

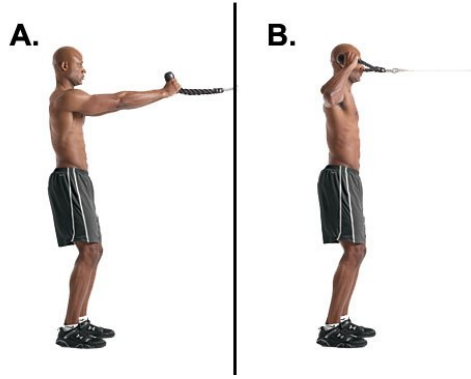
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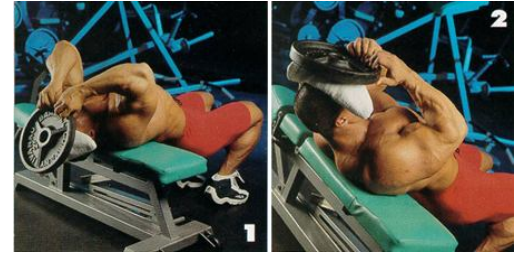
Sample Diagrams



External Rotation with band



Face Pulls



Plated Neck Curls



Rack Pulls



Side Lateral Raises



Dumbbell Shrugs