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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest Interval</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plated Neck Curls</td>
<td>3</td>
<td>15-20 reps</td>
<td>1 min.</td>
<td>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</td>
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<tr>
<td>Dumbbell Overhead Press</td>
<td>3</td>
<td>8-10 reps</td>
<td>1 min.</td>
<td>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</td>
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<tr>
<td>Rack Pulls</td>
<td>3</td>
<td>4-6 reps</td>
<td>1 min.</td>
<td>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</td>
</tr>
<tr>
<td>Side Lateral Raises</td>
<td>3</td>
<td>12-15 reps</td>
<td>1 min.</td>
<td>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</td>
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<tr>
<td>Dumbbell Shrugs</td>
<td>3</td>
<td>20 reps</td>
<td>1 min.</td>
<td>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.</td>
</tr>
</tbody>
</table>

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

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

- **External Rotation with band**
- **Face Pulls**
- **Plated Neck Curls**
- **Rack Pulls**
- **Side Lateral Raises**
- **Dumbbell Shrugs**