

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Body Burn Out
Primary Target Area:	Full Body
Approximate Time:	1 hour to 1 hour and a half
Skill Level:	Intermediate

Warm-up: 5-10 minutes of any cardio machine followed by dynamic stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Superset 1. Jump Rope 2. Toe Taps	3	30 seconds each	1-2 minutes	Toe taps: use a step up bench & start with one leg on the bench, then in a jumping motion alternate legs.
Superset 1. Box Jumps 2. Burpees	3	10-12 each	1-2 minutes	1. Jump onto the box lightly, then step down. 2. Start in a standing position, reach your hands to the ground to push up position, bring your knees to your chest and jump back up.
Squat and Press	3	10-12	1 minute	Using a medicine ball/barbell/dumbbells do a squat & press it over your head.
Kettle Bell Swings	3	10-12	1 minute	With slightly bent knees, swing the kettle bell above your head using the power in your legs.
Push Ups	3	10-12	1 minute	If needed, modify to girl push ups on your knees.
Superset 1. Mountain Climbers 2. Plank Jacks	3	30 seconds each	1-2 minutes	1. Start in push up position; bring one knee to your chest and alternate. 2. Start in push up position, jack your feet out & in.

Cool Down: 5-10 minutes of static stretching

Additional Notes: Superset means to do two exercises in one set with minimal rest, step ups can be a good alternative to box jumps if they are too difficult.



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

Sample Diagrams

Burpee:



Squat and Press:



Kettle Bell Swing:



Mountain Climber:



Plank Jack:

