

Grab & Go Workouts!

Presented by the Fitness Centers

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Name of Workout:	Body Tone
Primary Target Area:	Legs/core
Approximate Time:	~45 min
Skill Level:	Intermediate

Warm-up: 5-10 minutes on cardio machine of choice

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Superset 1: Box jumps Walking lunges	3	10 24	30-45 sec	-Hold dumbbells to make lunges harder
Superset 2: (cybex room) Hamstring curls Glute bridges	3	15 20	30-45 sec	-Hold bridge at top position for 2 sec to make it harder
Goblet squats w/ kettlebell	4	12	30 sec	-Hold KB at chest
Jump rope	3	1 min	30 sec	
Superset 3: ABS 😊 Leg lifts Russian twists Plank	3	15 40 30-45 sec	30-45 sec	-Hold dumbbell to make Russian twists harder
OPTIONAL: Cardio	--	10-15 min	--	-Cardio of choice

Cool Down: Stretch your legs!

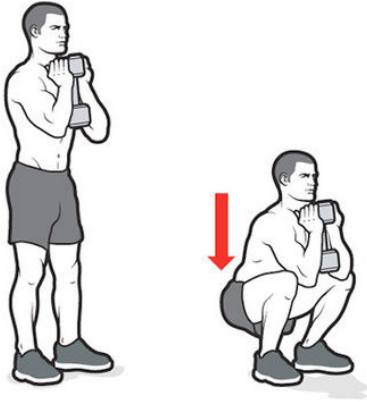
Additional Notes:

-Must complete all exercises in a superset before resting (do not rest in between exercises)



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

Sample Diagrams



Goblet Squat



Russian Twists