

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Body tone/Fat burn
Primary Target Area:	Back and Bicep
Approximate Time:	~30 minutes
Skill Level:	Intermediate

Warm-up: 15-20 minutes of cardio on bike, treadmill or elliptical

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval
Superset 1: -Alternating bicep curls with dumbbells -Alternating hammer curls with dumbbells -1 min of cardio after completion of superset	3 1	20 20	1 minute rest after completing superset
Superset 2: -Battle rope (Alternating waves up & down) -Burpee's/ Burpee push ups	3	30 sec. 10	
Superset 3: -Cable squatted row -Lat pulldown -1 min of cardio	3 1	15 15	
Superset 4: -Lay down push ups -Commandos -1 min of cardio	3 1	12-15 12	

Cool Down: Static stretching

Additional Notes:

By adding 1 min of cardio in between each completed superset will increase your heart rate and increase fat burn (exercises may include jump rope, jumping jacks, high knees, etc.)

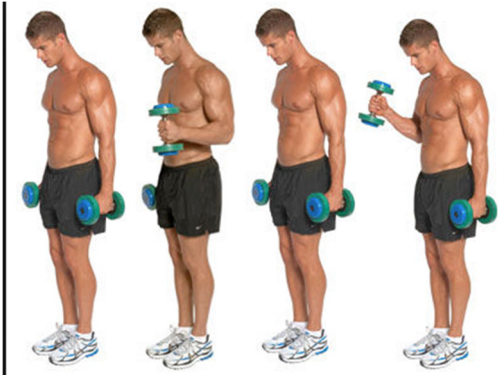
Try to complete each superset with minimal rest during it!

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

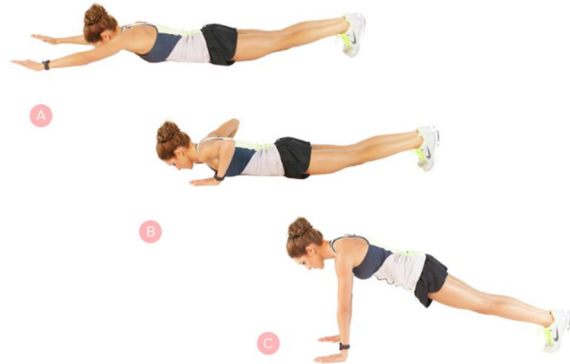


Sample Diagrams

Hammer curls



Lay down push ups



Burpee push-ups



Commandos



Cable squat row

