

Grab & Go Workouts

Presented by the Fitness Center

Created by: Sienna Tantillo



Name of Workout:	Booty Blaster
Primary Target Area:	Glutes
Approximate Time:	45-60 minutes
Skill Level:	Advanced

Warm-up: 5-10 minutes on any cardio machine and 20 box jumps.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Weighted Glute Bridge	4	6	1-2 minutes	Squeeze at the top and hold for 2 seconds.
Straight Leg Deadlifts	3	10	1 minute	
Split Lunges	2	15 (each leg)	45 seconds	Focus on form here, it will take a lot of stability.
Knee Squats	3	10	1 minute	
Good Mornings	3	10	1 minute	Hinge at your hips, not your knees.
Squats	4	6	1-2 minutes	
Alternating Jump Lunges	3	12	1 minute	Don't let your knees touch the ground.
Lateral Split Squats	3	8 (each side)	1-2 minutes	You can use a box or step or for more of a challenge a bosu ball.
Donkey Kick Circuit	2			
Regular Donkey Kicks		10	x	The 3 exercises are back to back before taking your rest.
Fire Hydrants		10	x	Keep your weight even (don't lean/use the opposite side for support).
Straight Leg Kicks		10	1-2 minutes	

Cool Down: Dynamic stretches for the lower body, walk on an incline (5 minutes).

Additional Notes:

Make sure to properly warm up and cool down. If things were too easy or too hard feel free to switch up the sets/reps ranges (or ask a trainer if you don't know what to change them to). Everyone has different goals, this workout tries to hit them all with a variety of sets/reps and rest periods. Have fun with it and make it your own! :)



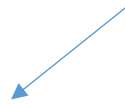
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Good Mornings



Weighted Glute Bridge



Knee Squats



Straight Leg Deadlift



Lateral Split Squat



Fire Hydrant

