

Grab & Go Workouts!

Presented by the Fitness Centers

an Untamed Beings feature by Eric McClain



Name of Workout:	Break Free
Primary Target Area:	Full Body
Approximate Time:	45-60 mins
Skill Level:	Intermediate - Experienced

Warm-up: Cycle, Deep squat with hip mobility, 10 air squats

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Deadlift	2-3	5 reps	Take as much rest as needed to get in the full set next round.	Use the trap bar
Farmer's Walk	2-3	Length of the Rope		Use the trap bar
Battle Rope Slams 1. Small Single Waves 2. Big Double Slam	2-3	6 each hand 1 both hands		

Cool Down: Shoulder dislocations, Child's pose, Hamstring/Quad/Glute stretches

Additional Notes:

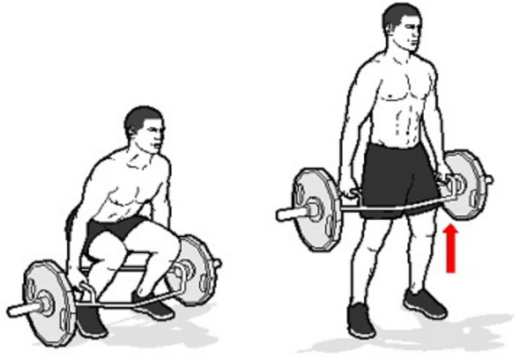
This circuit is meant for strength training, so take your time with each rep. Your 5th rep should be just as good as the 1st rep.

And in between exercises and rounds, take small walks to gather your breath and rest for as long as you need to in order to get the full set next round.



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

Sample Diagrams



Deadlift with trap bar



Shoulder Dislocation stretch



Child's Pose Stretch