

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Busy Gym HIIT Workout
Primary Target Area:	Full body
Approximate Time:	30 min
Skill Level:	Moderate

Warm-up: Light walk on treadmill at a speed of 3 and incline of 5 for 5 minutes

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Inchworm to push up	4	45 sec	Go right to the next exercise	If the push ups get too difficult add shoulder touches once you get to the plank position instead
Tuck jumps	4	30 sec	Go right to the next exercise	Land softly! This movement is supposed to be fast but coming down on your feet too hard could cause injury
Squat with ball toss	4	45 sec	1 min	
Mountain climbers	4	30 sec	Go right to the next exercise	Keep your core engaged throughout the movement
Bird dogs	4	1 min	Go right to the next exercise	You can add weight to this exercise if it is too easy. Just grab a dumbbell and alternate between the arm that's lifting off the ground. Keep balance by engaging your core at all times
Burpees	4	30 sec	1 min	

Cool Down: Any elliptical of your choice at a light intensity for 5 minutes

Additional Notes: There are 2 HIIT circuits listed above. Do the first 3 exercises first (circuit 1) and once you've done that 4 times, go on to the next 3 exercise (circuit 2). These are quick time efficient exercises with minimum equipment so you can do them at home too!



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

Sample Diagrams

Inchworm to push up



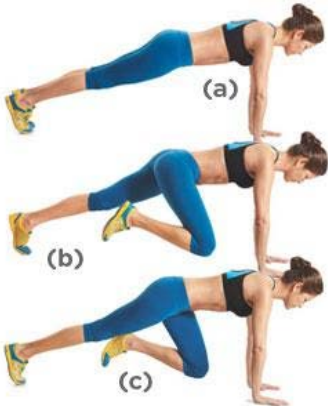
Tuck Jump



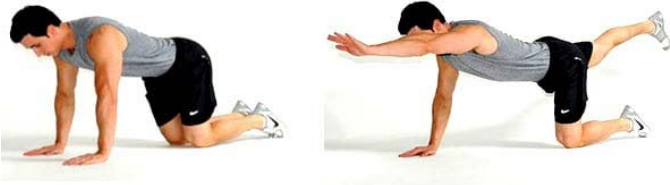
Squat with ball toss



Mountain climber



Bird dog



Burpee

