

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Busy Student Blaster
Primary Target Area:	Full Body
Approximate Time:	20-30 minutes
Skill Level:	Beginner – Intermediate

Warm-up: 5-minute cardio of choice, right & left arm circles forward/back, right & left leg lunges forward/back

Exercise Routine

Exercise – Circuit #1	Sets	Reps/Time	Rest Interval – 20 seconds	Notes
Push-Ups	3	20 seconds		
Wall Sit	3	20 seconds		
Sit-Ups	3	20 seconds		
Exercise – Circuit #2	Sets	Reps/Time	Rest Interval – 20 seconds	Notes
Squat Jumps	3	20 seconds		
Plank	3	20 seconds		
Seated Dips	3	20 seconds		
Exercise – Circuit #3	Sets	Reps/Time	Rest Interval – 20 seconds	Notes
Lunges	3	20 seconds		
Mountain Climbers	3	20 seconds		
T – Push-Ups	3	20 seconds		

Cool Down: Stretching: Hamstring, Quads, Glutes, Chest, Back, Triceps

Additional Notes:

- Perform each workout in the specific circuit for 20 seconds with no rest in between. Once you have finished each exercise, you then will rest for 20 seconds. Continue this until the circuit has been completed and then move on to the next circuit.
- For Beginners, take your time to perform each exercise correctly and focus on proper use of muscle and breathing.
- For Intermediates, try and set goals for each exercise. For example: when doing push-ups, try

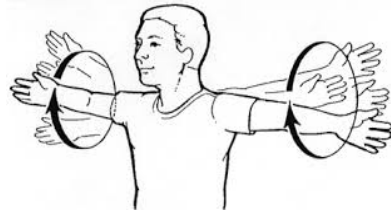
Questions or Comments? Please e-mail fitness@oswego.edu



Sample Diagrams

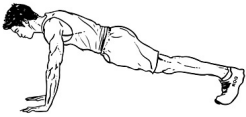


Lunge



Arm Rotations

Circuit #1



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Push Up



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Wall Sit



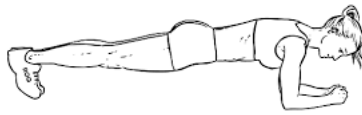
Sit Up

Circuit #2



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Squat Jumps



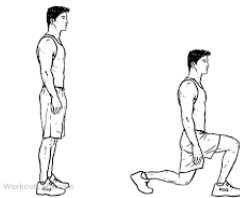
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Plank



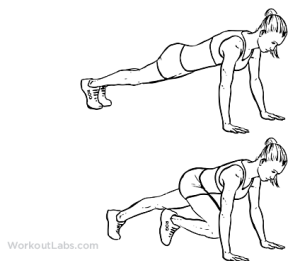
Seated Dips

Circuit #3



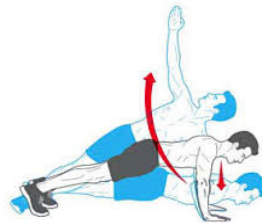
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Lunge



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Mountain Climbers



T-Push Up