

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Cardio Circuit
Primary Target Area:	Cardiovascular system, legs
Approximate Time:	30-45 minutes
Skill Level:	Beginner, Intermediate

Warm-up: Jumping jacks, high knees, dynamic (moving) leg stretches

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Kettlebell swings	2-3	:45	:30	Push through your hips.
Box jumps	2-3	:45	:30	Choose a box that you can move quickly on.
Plank jacks	2-3	:45	:30	Keep a strong core, don't dip your back.
Jump squats	2-3	:45	:30	Keep good squat form.
Mountain Climbers	2-3	:45	:30	You can use the gliders for less impact.
Burpees	2-3	:45	:30	Engage your core through the movement.
Running lunges	2-3	:45	:30	Make sure your knees don't touch the ground or go over your toes.

Cool Down: Biking or jogging on the treadmill for five to ten minutes. Start off a bit faster and come to a walk at the very end.

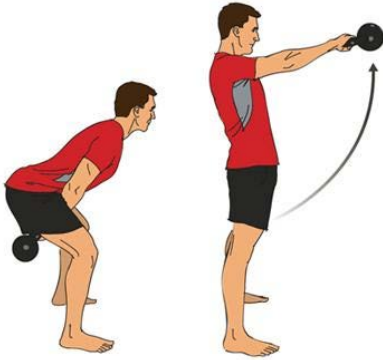
Additional Notes: Perform the list two or three times, with a three minute rest before starting from the top. You can adjust the rest time accordingly, but keep it consistent.



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

Sample Diagrams

Kettlebell Swings



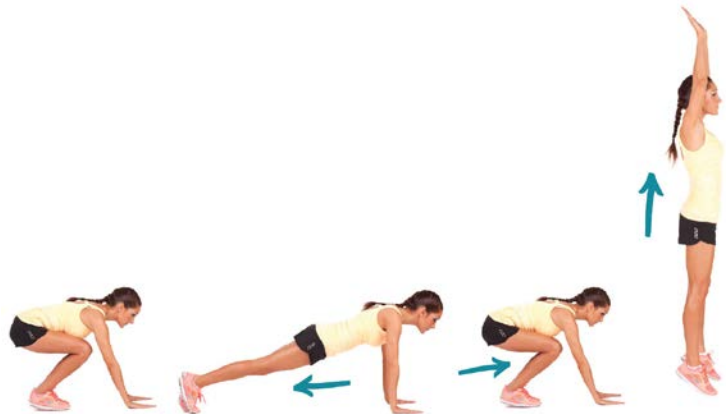
Plank Jacks



Jump Squats



Burpees



Running Lunges

