

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Cardio Tone
Primary Target Area:	Full Body
Approximate Time:	~25 minutes
Skill Level:	Intermediate

Warm-up: 5-10 minutes on cardio machine & dynamic stretch.

Exercise Routine

Exercise	Reps/Time	Notes
Battle Ropes (Alternating Waves Up & Down)	:15	See diagram below.
Alternating Bicep Curls w/ Dumbbells	20	Steady upper arm. Forearm movement.
Overhead Shoulder Press w/ Dumbbells	10	See diagram below.
Battle Ropes (Alternating Waves Up & Down)	:15	See diagram below.
Push-ups	5-10	Modified if necessary.
Soft Plyobox Jumps	5	See diagram below.
Step Work: Taps Side Hops Plank Hold	:15 :15 :30	3 blocks on each side. See diagrams below.
Squats w/ Kettle Bell	10	Hold kettle bell at chest but not resting on chest.
Wall Sit	Until Failure	90 degrees at both knees.

Cool Down: Full body static stretch!

Additional Notes:

Run through each exercise directly after the other. If having difficulty supersetting; jog in place and keep heart rate up. Rest after completion of full circuit. Repeat 3 times.

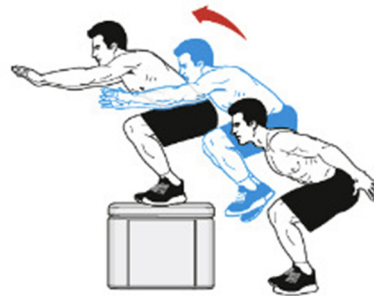
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Sample Diagrams



Alternative Wave with Rope



Plyobox Jumps



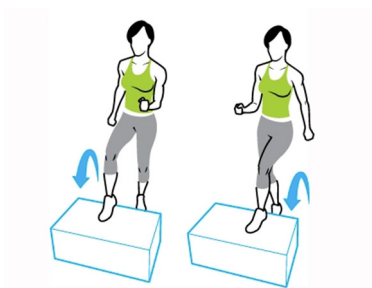
Overhead Shoulder Press



Step Side Hops



Step Plank



Step Taps