

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Chest-Tri Burner
Primary Target Area:	Chest and Triceps
Approximate Time:	45min - 1hr
Skill Level:	Intermediate to advanced

Warm-up: 5 minutes on the bike, 5 minute static stretch

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Flat Dumbbell Bench	3	10-12 Reps	1 min	When bringing the weights down, don't bend further than 90 degrees.
Incline Barbell Bench	3	10-12 Reps	1 min	Aim for the bottom of chest.
Low Pulley Cable Fly	3	10-12 Reps	1 min	Start with the cables low and wide, bring the cables up and in to about the height of your chest keeping your arms straight
Dumbbell Fly Flat Bench	3	8-10 Reps	1 min	Arms go from 45 degrees to straight.
Skull Crushers	3	10-12 Reps	1 min	Hold the bar straight over head, bend at the elbows but keep your elbows in.
Dips or Assisted Dips	3	10	1min	Fully extend arms straight after each dip.
Rope Push Downs	3	10-12 Reps	1 min	Keep your elbows tucked.
Push-Ups	3	10 Reps	30 sec	Flat back, butt down.

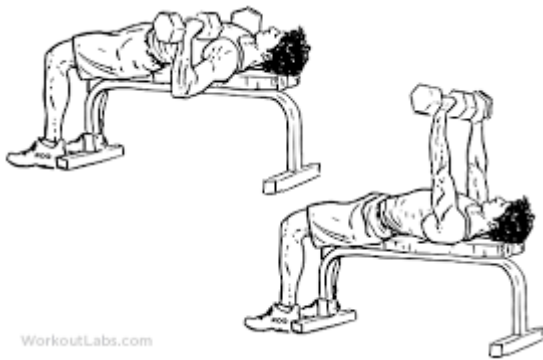
Cool Down: 5-10 minutes of static stretching

Additional Notes: Choose the weight that is appropriate but don't be afraid to give yourself a challenge.

Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)



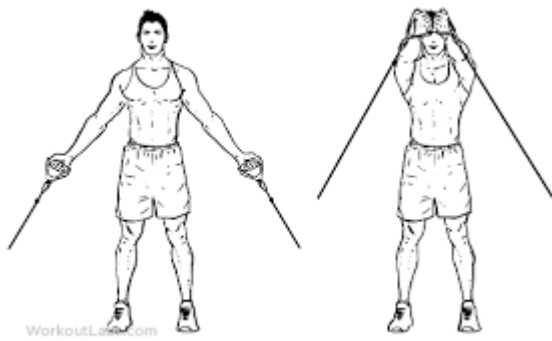
Flat Dumbbell Press



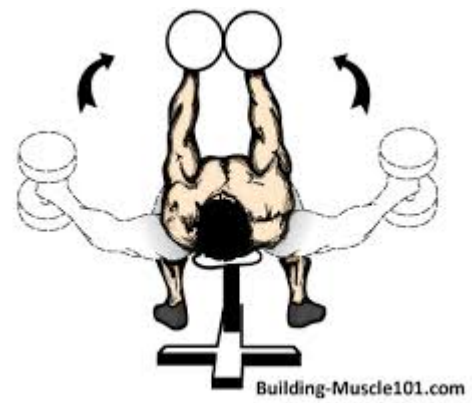
Incline Barbell Press



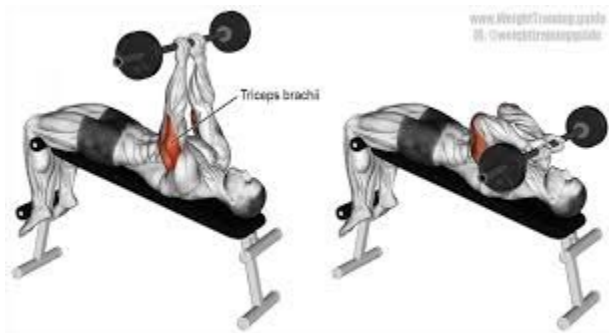
Low Pulley Cable Fly



Dumbbell Fly Flat Bench



Skull Crushers



Rope Push Down

