

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Core and Upper Cut
Primary Target Area:	Core and Upper Body
Approximate Time:	1 hour
Skill Level:	Intermediate

Warm-up: Begin with 10 minutes of cardio and dynamic stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
SUPER SET: -Lateral Raise -Frontal Raise -Shoulder Shrug	2	8 8 12	1-2 minutes	Make sure your knees are bent a little, and your feet are shoulder width apart. Use dumbbells that are a little challenging in order to build muscle!
SUPER SET: -Bent Over Row -Upright Chest Fly	3	10 8	1-2 minutes	Make sure your knees are bent a little, and your feet are shoulder width apart. Use dumbbells that are a little challenging in order to build muscle!
SUPER SET: -Russian Twists -Leg Lifts -Heel Touches	3	20 10 30	45-60 seconds	Try to pace yourself and go slow. Make sure that you are reaching as far as you can on the Russian Twists and Heel Touches.
SUPER SET: -Supermans -Flutterkicks -Scissorkicks	3	30 sec 20 sec 20 sec	45-60 seconds	Keep moving during all of these! Put your hands under your butt for Flutterkicks and Scissorkicks to make it a little bit easier.

Cool Down: Static stretch arms and core

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



Sample Diagrams



Lateral Raise



Frontal Raise



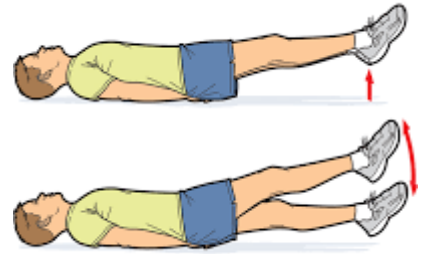
Bent Over Row



Upright Chest Fly



Supermans



Flutterkicks



Scissorkicks