

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Deadlift for Days
Primary Target Area:	Lower Back, Glutes and Hammies
Approximate Time:	45 minutes – an hour
Skill Level:	Intermediate – Advanced

Warm-up: 8 minutes of cycling

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Conventional Deadlifts	5	5	2-5 Mins	2 mins if the set wasn't too bad, 3-4 if you struggled, and 5 if you couldn't hit 5 reps.
Romanian Dumbbell Deadlifts	3	8	1-2 Mins	
Leg Curls	3	10	1 Min	Cybex machine.
Leg Extensions	3	10	1 Min	Cybex machine.
Sumo Deadlifts	4	6	90 Secs	
Glute Bridges	4	6	90 Secs	Emphasize the squeeze at the top of the rep.
Knee Squats	3	8	1-2 Mins	Typically, on smith machine.
Good Mornings	4	12	1 Min	Can use an EZ curl bar.
Donkey Kick Circuit:	3		45 secs after circuit is completed.	Each kick should be done one right after the other for 10 reps.
Regular Donkey Kicks	x	10	x	
Fire Hydrants	x	10	x	
Straight Leg Donkey Kicks	x	10	x	At end of circuit take a break, then repeat.

Cool Down: 5 mins of jump rope, static and dynamic lower body stretches.

Additional Notes:

The exercises that have less reps and more sets should be done with a heavier weight. Have fun with it and feel free to make it your own and change things up!
PUSH YOURSELF!

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



Sample Diagrams

Conventional Deadlift



Romanian Dumbbell Deadlift



Sumo Deadlift



Glute Bridges



Good Mornings



Knee Squats

