

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	“Don’t Have Time” HIIT
Primary Target Area:	Full Body
Approximate Time:	20-30 Minutes
Skill Level:	Beginner Challenge - Advanced

Warm-up: 5 minutes on any cardio machine and dynamic stretch.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Jumping Jacks		1:00	No Rest	
High Knees		:30	No Rest	
Mountain Climbers		X20	No Rest	Straight arm plank position. Neutral spine. 20 Knee Touches.
50m Sprint or Stationary Bike Sprint		Bike- :45	No Rest	Bike seat at hip level; do not lean over handle bars, do not lock knees.
Burpees with or without Push-up		X12	No Rest	
Kettlebell Swings		X12	No Rest	This is a hip hinge movement; keep kettlebell above the knees & spine in neutral position. Do not round shoulders. Refer to picture.
Jump Rope		1:00	No Rest	Can be done without rope; pretend you are using one-- same movement.

Repeat from start for 20 minutes with minimal rest- 20 seconds where needed.

Cool Down: 5-minute walk and static stretch to bring heart rate down.

Additional Notes:

Perform one exercise right into the next. Fast movements without compromising form! Idea is to keep heart rate elevated (70-90% of your max heart rate) for entire 20 minutes. Max heart rate= 220-Age. Grab a partner for motivation, you can do it!!

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



Sample Diagrams

Kettlebell Swing



Mountain Climbers

