

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Endurance Legs & Core
Primary Target Area:	Legs and Core
Approximate Time:	45-60 minutes
Skill Level:	Beginner/intermediate

Warm-up: 2 different cardio machines each for at least 5 minutes followed by dynamic stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
1. Jump squats	3	10	30-60 sec	Can do body weight or use barbell, medicine ball or any similar form of weight.
2. Burpees	3	8-10	30-60 sec	Can add a push up to the burpee if you want a challenge.
3. Jumping lunges	3	8-10	30-60 sec	Switching legs in the air each jump. Be careful not to slam your knee on the ground.
4. High knees	3	30 sec or 30 count	30-60 sec	Can time the high knees or count each individual one. Try to go fast.
5. Star jumps	3	8-10	30-60 sec	Make sure you are bending your knees to touch the ground and not just leaning over.
1. Toe Touches	2-3	10-20	30-60 sec	Weight can be used such as a dumbbell or medicine ball to make these more challenging
2. Stability ball sit ups	2-3	10-20	30-60 sec	Be careful not to use the ball to bounce yourself back up but rather go slow and let your abs do the work.
3. Leg lifts	2-3	5-15	30-60 sec	Do not let your heels slam on the ground after each lift. Try to keep your heels from touching the ground during the whole set.
4. Russian twists	2-3	20-30	30-60 sec	Weight can be used to make these harder.
5. Decline sit ups	2-3	10-15	30-60 sec	Can use weight or increase the decline on the bench to make these harder. Make sure you are going all the way down and all the way back up.

Cool Down: Static stretching and foam rolling

Additional Notes:

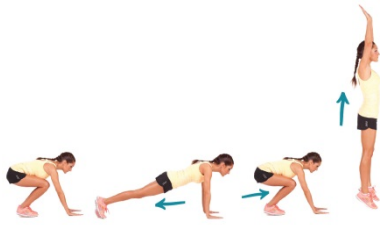
The leg exercises and ab exercises can be done in circuit form (3 sets of the leg circuit followed by 2-3 sets of the ab circuit). Weight can be added to a lot of the exercises to make them more challenging. Due to the fact that this circuit is working on muscular endurance try to take minimal rest.

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



Sample Diagrams

Burpees



Jumping Lunges



Star Jumps



Toe Touches



Stability Ball Sit Ups



Leg Lifts



Russian Twists



Decline Sit Ups

