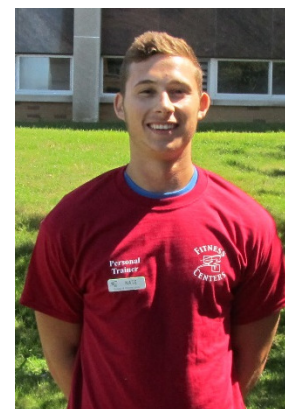


Grab & Go Workouts

Presented by the Fitness Centers

Created by: Nate Burkhardt



Name of Workout:	Explosive Vertical
Primary Target Area:	Legs
Approximate Time:	60 – 90 Minutes
Skill Level:	Intermediate - Experienced

Warm-up: 5-10 minutes on cardio machine, or outside running.

Exercise Routine:

Exercise	Sets	Reps/Time	Rest Interval	Notes
Box Jumps	3	8 reps	1 Minute	Use the tallest box you can jump on for the required reps.
One Leg Box Jumps	2	6 Each Leg	1 Minute	Stand on one leg and jump onto a box.
Back Squats	4	10-20	1:30 – 2 minutes	Do reps of 20,15,12,10 increasing weight each time.
Weighted Lunges	3	10 reps each leg.	1:30	Hold Dumbbells or Kettlebells in each hand.
Weighted Box Step-ups	3	10 reps each leg.	1:30	Hold Dumbbells or Kettlebells in each hand.
Squat Jumps	3	15	1 Minute	Explode up as high as you can from a low squat position.

Cool Down: Quad, Groin, Hip, and Hamstring Stretches.

Additional Notes:

This workout is meant to increase your explosiveness, and will only be effective if you put 100% into every workout. Push yourself and break your boundaries!

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



Sample Diagrams

Box Jumps



Back Squats



Squat Jumps

