

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Full Body Blast
Primary Target Area:	Full Body
Approximate Time:	30-40 minutes
Skill Level:	Intermediate - Advanced

Warm-up: 5 minutes on any cardio machine of your choice; preferably a full body one such as the treadmill or rowing-erg.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
<i>Superset</i> -Battle Rope Slams -Sled Pull	4	30 seconds	60 seconds	Tie the battle ropes to the sled. From there 30 seconds of slams then pull the weighted sled to you by the battle ropes.
<i>Superset</i> -Kettlebell Swings -Box Jumps -Jump Rope	4	30 seconds	60 seconds	Complete in whatever order you desire. Each exercise for 30 seconds and then a 60 second rest interval.
<i>Superset</i> Mountain Climbers Pike Body Saw	4	30 seconds	60 seconds	I recommend doing these with sliders, but you can choose not to. These can also be completed in whatever order you desire.
<i>Superset</i> DB Renegade Rows Reverse Chest Fly	4	30 seconds	45 seconds	Make sure you pinch your shoulder blades for maximum efficiency.

Cool Down: Choose another full body cardio machine and cool down for about 5 minutes.

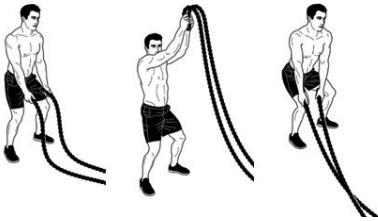
Additional Notes:

This workout was designed to take advantage of our equipment at Cooper Fitness Center to get a quick but efficient workout in. So, head on over 😊



Sample Diagrams

Battle Rope Slams



Sled Pulls



Kettlebell Swings



Box Jumps



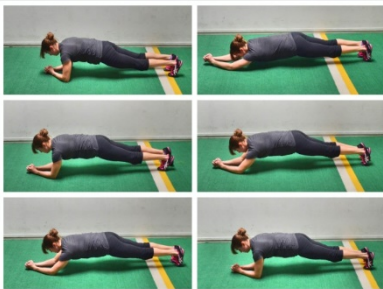
Mountain Climbers



Pike



Body Saw



Renegade Rows



Reverse Chest Fly

