

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Kristen Brzyski



Name of Workout:	Full Body Boot Camp
Primary Target Area:	Full Body
Approximate Time:	1 hour
Skill Level:	Intermediate

Warm-up: 5 minutes of low-moderate intensity cardio of your choice

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Lunges with dumbbells	3	10 each leg	30-45 seconds	Hold the dumbbells at your sides. Also make sure both legs are 90 degrees when in the lunge. Your knee should be directly above your ankle.
Leg Lifts	3	10	30-45 seconds	Lay flat on your back, and keep your legs straight as you tighten your abs to lift both legs at the same time. Hold a barbell above your chest if you want an extra challenge.
<u>Super Set:</u> -Lateral Raise -Frontal Raise -Shoulder Shrug	3	10 each	45 seconds - 1 minute	Hold dumbbells in each hand and try to keep your arms straight as you lift the weights. You should feel all of these in your shoulders!
Glute Bridges	3	10	30-45 seconds	Squeeze your glutes and hamstrings and then press your hips up as high as you can.
Heel touches	3	15 each side	30-45 seconds	Place your feet flat on the ground, knees pointed toward the ceiling, and reach as far as you can to the side and touch your foot.
Chest press	3	10	30-45 seconds	Use a barbell or dumbbells. Lay on your back and push your hands up toward the ceiling. Bring the barbell or dumbbells back down to your chest and repeat.

Cool Down: Static stretch and foam roll

Additional Notes:

Select weights that are challenging enough to maintain good form.

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



Sample Diagrams

Lunges with dumbbells



Leg Lifts



Glute Bridges



Heel Touches

