

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Full Body Circuit
Primary Target Area:	Full Body
Approximate Time:	1 hour to an hour and a half
Skill Level:	Beginner to Intermediate

Warm-up: 5-10 minutes of any cardio machine followed by dynamic stretching

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Step-Ups with dumbbells	3	10 on each leg	30-45 seconds	Make sure that you are stepping up and down on the box gently. The more weight you hold, the more difficult these become.
Lunges with dumbbells	3	10 on each leg	30-45 seconds	Make sure that you are stepping out far enough that your knee is over your ankle when stepping out and your legs are bent at 90 degrees.
Hamstring curls on a stability ball	3	10	30-45 seconds	Squeeze your glutes before you push your hips up and try to keep your hips level as you pull the ball in.
Leg lifts	3	10	45-60 seconds	Keep your legs as straight as you can and don't let them touch the ground when bringing them back down.
Heel touches	3	20 on each side	45-60 seconds	Make sure your feet are far enough away from your body that you are reaching as far as you can to try and touch your heels.
<u>Super set:</u> Lateral raises Frontal raises Overhead press with dumbbells	3	10 of each	1-2 minutes	The key to this super set is to try to do these exercises right after each other and take a rest after doing all 3.

Cool Down: 5-10 minutes of static stretching on all muscles that were used

### Additional Notes:

Challenge yourself by using heavier weights so that your challenged by your last rep. Don't forget to breathe and push yourself in order to build muscle!!

Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)



## Sample Diagrams

### Step-Ups with dumbbells



### Lunges with dumbbells



### Hamstring curls on a stability ball



### Leg lifts



### Heel touches



### Lateral raises



### Frontal raises



### Overhead press with dumbbells

