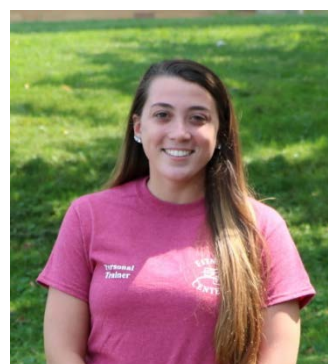


Grab & Go Workouts

Presented by the Fitness Centers

Created by: Nicole Collins



Name of Workout:	Nicole's Full Body Workout
Primary Target Area:	Full body
Approximate Time:	30-40 minutes
Skill Level:	Intermediate-Advanced

Warm-up: Bike, sprinting intervals. 30 seconds on 30 seconds off for 10 minutes.

Exercise Routine

Exercise	Sets	Rep/Time	Rest Interval	Notes
Circuit:	3		2 minutes at end	
Jumping lunges		35 sec		
Box jumps		35 sec		
Burpees		35 sec		Add push up to make more difficult
Kettle bell swings		35 sec		
Jump rope		1 minute		
End with TRX Circuit:	3		2 minutes at end	Ask for TRX bands at the front desk.
Mountain climbers		15(each leg)		Place feet in loops at the bottom.
Plank		30 sec		
Pike crunch		10		
Spiderman plank		15(each leg)		

Cool Down: Stretch

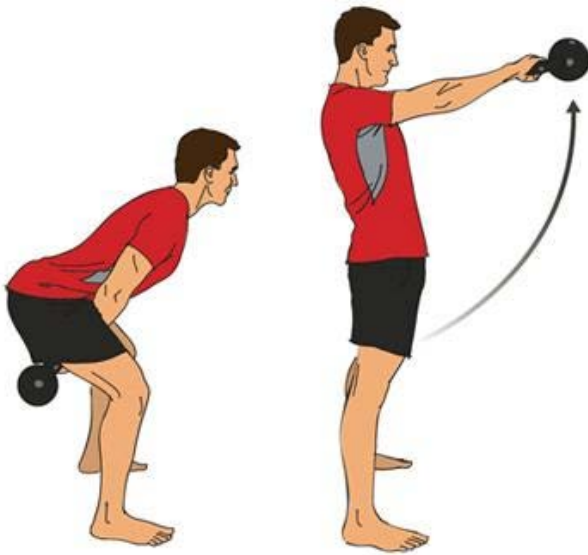
Additional Notes: Remember to keep breathing throughout the circuit, and to take a long rest if it is needed. Examples of exercises on back.



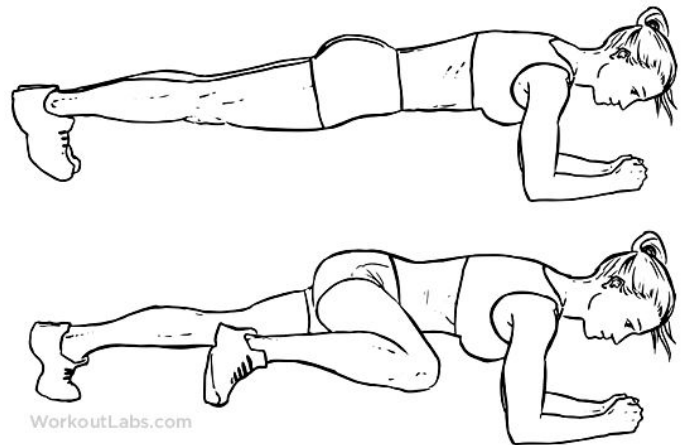
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Kettlebell swing



Spiderman plank crunch without TRX



Pike Crunch

