

Grab & Go Workouts

Presented by the Fitness Centers

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|----------------------|------------------------|
| Name of Workout: | HIIT Training |
| Primary Target Area: | Full Body |
| Approximate Time: | 45 minutes- 60 minutes |
| Skill Level: | Intermediate- Advanced |

Warm-up: 10 minutes on the elliptical

Exercise Routine

| Exercise | Sets | Reps/Time | Rest Interval | Notes |
|--|------|------------------|---|-------------------------|
| - Burpees - Jumping Jacks | | 20 sec 20 sec | 10 sec 10 sec After 4 minutes rest for 2 min | Repeat for 4 minutes |
| - Pushups - Walking Lunges | 3 | 30 sec 30 sec | Rest for 2 min after 3 sets | |
| - High knees - Speed skaters | | 20 sec 20 sec | 10 sec 10 sec After 4 minutes rest for 2 min | Repeat for 4 minutes |
| - Dumbbell Rows - Squats with shoulder press | 3 | 30 sec 30 sec | Rest for 2 min after 3 sets | |
| - Jump squats - Mountain climbers | | 20 sec 20 sec | 10 sec 10 sec After 4 minutes rest for 2 min | Repeat for 4 minutes |
| - Reverse lunges - Planks | 3 | 30 sec 30 sec | Rest for 2 min after 3 sets | |

Cool Down: Full body stretch and lots of water!

Additional Notes:

If this exercise is too hard, modify it to fit your workout level by adding more rest time or shortening the exercise time.

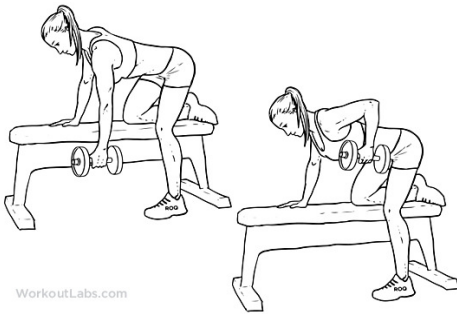
Eat something light before working out so you don't become light headed.

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



Sample Diagrams

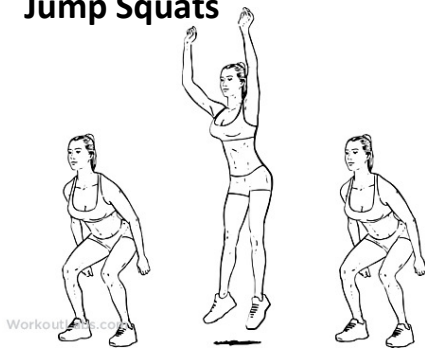
Bent Over Row



Speed Skaters



Jump Squats



Reverse Lunge

