

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	HIIT your EnTIRE Body
Primary Target Area:	Full Body
Approximate Time:	~ 1 hour
Skill Level:	Intermediate

Warm-up: 5-10 minutes of your choice of cardio followed by some dynamic stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Tire flips	3	30-45 sec	~ 1 min	Make sure you're keeping your back straight and chest up as you life the tire.
1. Squats on tire 2. Incline Push ups on tire	3	10-12	~ 1 min	1. if you want to make it harder, you can add weight or do a single leg squat onto the tire. 2. Perform a push up and try to touch your chest to the tire.
1. Toe taps 2. Plank on tire	3	30-45 sec	~ 1 min	1. Start with one foot on the tire and in a jumping motion & alternate. To make it easier, don't jump.
1. Box jumps on tire 2. Dips on tire	3	10-12 (each leg for step ups)	~ 1 min	1. Simply jump onto the tire lightly. If box jumps are too hard, you can do step ups. 2. Facing away from the tire, place your arms extended behind you. Slowly bend your arms at 90 degrees while lowering your body until your bottom almost touches the ground. You can make it easier by keeping your knees bent.
1. Split Squats on tire 2. Leg pull in (modified v-ups) on tire	3	10-12 (each leg for split squats)	~ 1 min	1. Put one foot on the tire and lower that same knee to the ground as if you were performing a lunge. 2. Sit on the tire with your hands behind you for support. Lean back slightly and keep your legs straight and off the ground. Then bring your legs in towards your chest and repeat.
Jumps in & out of the tire	3	30-45 seconds	~1 min	Simply jump over the tire into the hole and then jump out of the tire and repeat.

Cool Down: static stretching/foam rolling for at least 30 seconds each stretch

Additional Notes:

This whole workout is designed to be done on the tire. It is a fun HIIT/circuit workout that targets your full body. It does not have to be done as a circuit workout. You can do the exercises in any order you would like to and do them individually rather than supersetting them. You can also make it harder/easier by increasing/decreasing the reps/time of each exercise! Lastly, if doing these exercises on the tire is too hard, feel free to do them without the tire!

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

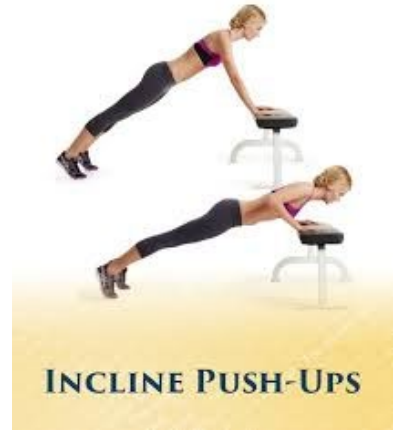
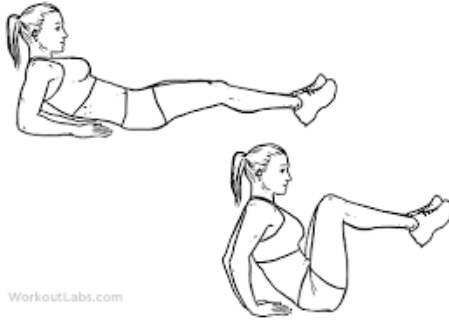


Sample Diagrams

Split squats



Leg pull ins/modified v-ups



Dips



Toe taps

