

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Leg Burner
Primary Target Area:	Legs
Approximate Time:	45-60 minutes
Skill Level:	Intermediate to Advanced

Warm-up: 10 minutes on cardio machine at low intensity.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell Squat	3	10-12	1-2 ^{1/2} mins	Full range of motion - push through heels
Superset 1) Cybex Leg Curl 2) Cybex Leg Extension	3	12-15	1 minute	The cybex machines will isolate your hamstrings and quadriceps
Superset 1. Walking Lunges with Dumbbell 2. Hip Thrust	3	12-15	1-2 ^{1/2} mins	While doing lunges, make sure your knee doesn't go over your toes.
Romanian Deadlift	3	12-15	1 minute	Keep back straight

Cool Down: Straight leg kick, Walking knee to chest, Foam roll

Additional Notes: Weights should be on the lower end due to higher reps.



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

Sample Diagrams

Barbell Squat



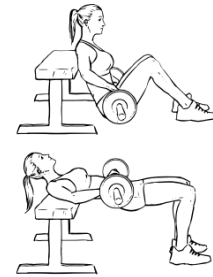
Cybex Leg Curl and Extension



A.



B.



Walking DB Lunge

Hip Thrust

Romanian Deadlift

