

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Leg Burner
Primary Target Area:	Legs
Approximate Time:	1 Hour
Skill Level:	Moderate

Warm-up: Walk on the treadmill for 10 minutes at a 4.5 pace.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Weighted Squats	3	12	Straight to exercise 2	Make sure you knees don't go over your toes
Lunges	3	10 each leg	Straight to exercise 3	Make sure your knee does not go over your toe
Squat jumps	3	10	Back to exercise 1	Get as high as you can
Goblet Squats	3	12	Straight to exercise 2	Get low
Step ups	3	10 each leg	Straight to exercise 3	Drive the knee
Squat jumps	3	10	Back to exercise	Get as high as you can
Box Jumps	3	10	Straight to exercise 2	Get low and use the momentum to get to the box
Squat with kettlebell press	3	10	Straight to exercise 3	Stay at a 90 degree squat
Squat Jumps	3	10	Back to exercise	Get as high as you can

Cool Down: Walk on the treadmill for 10 minutes at a 4.5 pace.

Additional Notes:

Break it up into three sets of three exercise so that they are circuits.



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

Sample Diagrams

Squat Jumps



Squat with kettlebell press



Goblet Squats



Box Jumps

