

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Leg day
Primary Target Area:	Lower body
Approximate Time:	1 hour – 1 hour 15 min
Skill Level:	Intermediate-advanced

Warm-up: 5min light warm-up on elliptical or treadmill; butterfly stretch for 20sec repeat 1x, knee hug for 20sec repeat 1x, side to side leg swing for 20sec repeat 1x

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell squats	8	10	2min 30sec	
Bulgarian split squats with dumbbells	3	10	2min	
Calf raise on hammer press	3	15	2min	
Calf raise on smith machine	3	15	2min	
Hack squats on smith machine	3	10	2min 30 sec	

Cool Down: 5min walk on treadmill

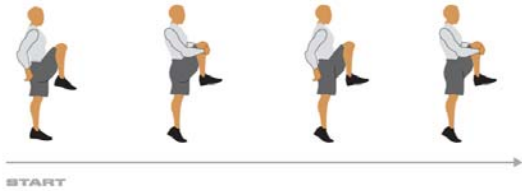
Additional Notes: None



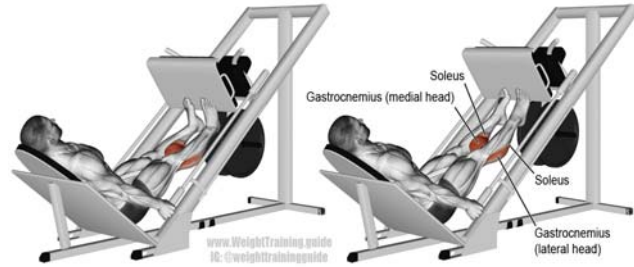
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

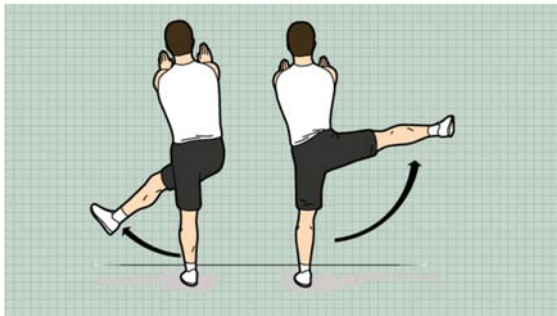
Knee hugs



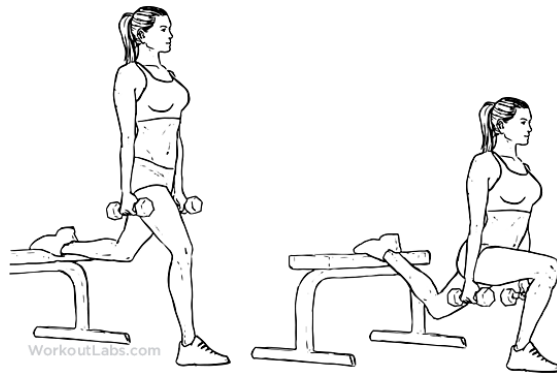
Calf raise on hammer press



Side to side leg swings



Bulgarian split squat



Hack squats on smith machine

