

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Leg Gains
Primary Target Area:	Legs
Approximate Time:	1 hour & 15 to 30 minutes
Skill Level:	Intermediate to Advanced

Warm-up: 5-10 min on cardio machine of choice at low-moderate intensity

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Box squat	3	8-10	1-2 min	Fully sit down on the box and then push through your heels to come up
Hip thrust	3	10-12	1 min	Push through your heels, keep your chin tucked
Romanian Deadlift	3	10-12	1 min	Keep your back neutral as you hinge at your hips
Curtsey lunge	3	10-12	1 min	Step your foot back diagonally and then lunge down
Superset 1. Cable kickbacks 2. Cable abduction	3	10-12	Complete both back to back then 1 min rest	Keep back flat and drive the leg back, stand sideways to the cable and swing the leg that farther out to the side
Superset 1. Box jumps 2. Kb swing	3	10-12	Complete both back to back then 1 min rest	Land lightly on the box and step off, hinge at the hips and use momentum to swing Kb above head
Walking lunges	3	10 steps each leg	1 min	Don't let your knee go past your toes

Cool Down: Foam roll/ stretch

Additional Notes: Choose weights comfortable for your skill level



Questions or Comments? Please email fitness@oswego.edu

Sample Diagrams

Romanian Deadlift



Kettlebell swing



Box squat



Curtsey Lunge



Hip Thrust



Cable Kickbacks

