

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Legs From Hell
Primary Target Area:	Legs
Approximate Time:	60-90 minutes
Skill Level:	Intermediate and up

Warm-up: 5-10 minutes on cardio machine

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell squat (front or back)	3-4	8-12	1-2 minutes	
<b>Superset 1:</b> -Walking lunges (weighted) -Straight leg deadlift	3	-10 each leg -8-12	1-2 minutes	-Lunges: hold weights in both hands. Ankle, knee, hips at 90 degrees -Straight leg DL: slight knee bend, straight back, hinge at hips
<b>Superset 2:</b> -Leg curl machine (cybex) -Side lunges	3	-12-15 -8 each side	1-2 minutes	-Leg curl: Slow eccentric movement (to returning position) -Side lunge: weight optional (hold kettle bell under chin)
<b>Superset 3: Burn out</b> -elevated split squat w/ jump -Jump rope	3-5	-15 sec each leg -30 sec	30 seconds	-Perform 30 secs of split squats (15 each leg) then 30 sec of jump rope. Rest 30 secs and repeat 3-5x

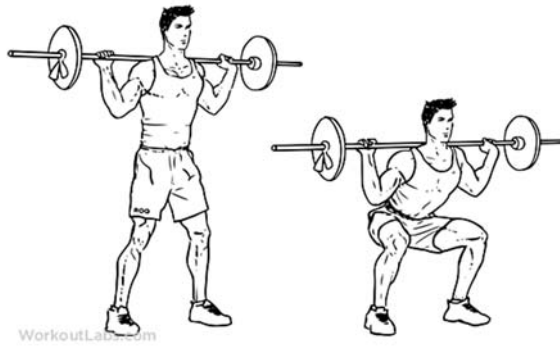
Cool Down: 5-10 minute walk/jog on treadmill. Foam rolling recommended.

Additional Notes: **Superset**- Perform exercises one right after the other, then rest.



Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)

## Sample Diagrams



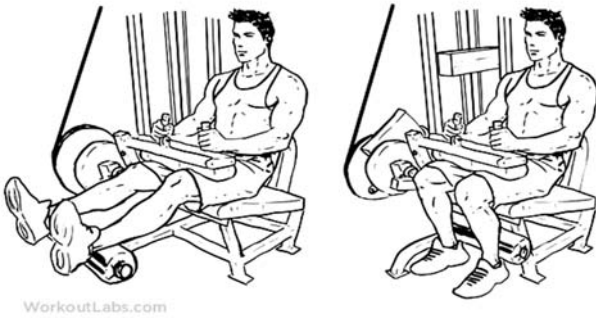
Barbell Squat (Back)



Walking lunges (weighted)



Straight leg deadlift



Seated leg curl machine



Elevated split squat (add jump!)



Jump rope