

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	“Legs Like Larry”
Primary Target Area:	Lower Body
Approximate Time:	1 hr 15 mins - 1 hr 30 mins
Skill Level:	Intermediate-Advanced

Warm-up:

- 1.) 5 minutes on a cardio machine of your choice (moderate intensity)
- 2.) “Prisoner Squat” stretch (3 sets of 10 shoulder turns)
- 3.) Hip flexor stretches (3 sets of 10 seconds on each leg)
- 4.) Hamstring toe touches (20 reps; alternating each leg by stepping forward)

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Trap Bar Deadlift	4	8-10	1-2 min	Squat down to begin the lift. Keep back engaged which will aid in keeping the chest up and shoulders back. Push through heels.
Romanian Deadlifts (Barbell or Dumbbell)	3	10-12	2-3 mins	Always keep knees slightly bent. Focus on going down slowly and in control until your chest is parallel to the ground. If you can't keep your shoulders tight and back the weight is too heavy.
Incline Leg Press	1st 2nd 3rd	20 narrow 20 wide 20 high (see below)	2-3 mins	Keep back straight and pressed against backrest. Keep butt planted on the seat.
Seated Calf Raises	3	15	2-3 mins	Control when coming down. Don't over-stretch the heel either.
Hip abductors	3	10-12	1-2 mins	Keep back straight and control the movement.
Hip adductors	3	10-12	1-2 mins	Keep back straight and control the movement.
Glute bridges	3	10-12	1-2 mins	Use an appropriate weight. Push through the heels.
Standing Calf Raises	3	15	2-3 mins	Stand on a small bumper plate to allow your heels to drop.

Cool Down: 10 minutes of foam rolling and static stretches

Additional Notes:

To complete this workout on time try and focus on following the rest times provided. Drink plenty of water and make sure your breathing patterns are consistent and full. Select weights that are difficult but that you can maintain proper form with. Be creative, substitute dumbbells or a corebag for the barbell if it is more comfortable.

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



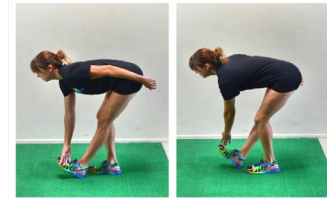
Prisoner Squat



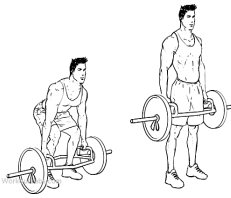
Hip flexor stretches



Hamstring toe touches



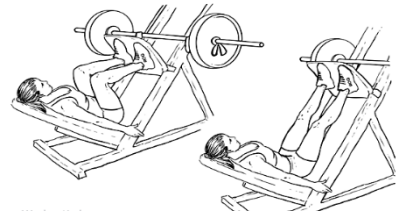
Trap Bar Deadlift



Romanian Deadlift



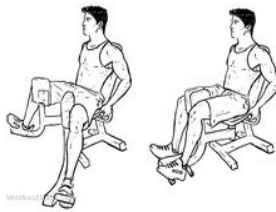
Incline Leg Press



Seated Calf Raises



Hip Adduction and Abduction



Glute Bridge



Standing Calf Raise

