

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Low Body Burner
Primary Target Area:	Lower Body
Approximate Time:	60 min
Skill Level:	Beginner to Intermediate

Warm-up: 5-10 min on bike, treadmill, or elliptical at a light to moderate intensity

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Goblet Squat (1)	3-4	6-12 reps	60-90 sec	Hold a kettlebell or dumbbell in front of your chest as if you are supporting a heavy cup or goblet.
Stiff-leg Deadlift/Romanian Deadlift (2)	3	8-12 reps	60-90 sec	Bend/Hinge at the hips and try to maintain a neutral spine throughout the movement
Bulgarian Split Squat (3)	3	4-8 reps	60-90 sec	Drive through your front heel and try not to assist yourself with your back foot
Seated Hamstring Curl (4)	3	8-12 reps	45-60 sec	Make sure butt does not come off of seat
Seated Leg Extension (5)	3	8-12 reps	45-60 sec	Make sure butt does not come off of seat
Hamstring Curl w/ Swiss Ball or Sliders (6)	3	10-15 reps	45-60 sec	Keep hips high and drive heels into ball

Cool Down: 5-10 min on bike at a low intensity/gear

Additional Notes:

If you are short on time, you can superset (do them back to back) exercises 1 and 2, 3 and 4, and 5 and 6. Take about a 60-90 second rest for each pair if done this way

Questions or Comments? Please email fitness@oswego.edu



Sample Diagrams

Goblet Squat



Romanian Deadlift



Bulgarian Split Squat



Seated Hamstring Curl



Seated Leg Extension



Hamstring Curl w/ Ball

