

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	My Leg!
Primary Target Area:	Legs
Approximate Time:	1 hour
Skill Level:	Intermediate to advanced

Warm-up: 8-10 minutes on the bike with a 10-12 resistance

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Squat	4	8-12 reps	1-2 min	Go deep on each squat, last set is paused (hold for 2 sec at the bottom).
Superset 1. Dumbbell squat thrust 2. Dumbbell hip bridges 3. Dumbbell step ups	3	30 sec, 45 sec, 50 sec	1-2 min	Explode at the top of each exercise.
Single leg lunges with dumbbells	4	8-12 reps	1 min	Use the body bar if that is more comfortable.
Long jumps with jump squats at the end	3	30 sec 5 squats, 40 sec 8 squats, 45 sec 10 squats	1 min	Land lightly and go right into the squat jumps after the allotted time.
Angled leg press	4	8, 10, 12, 15 reps	1 min	Don't lock-out your knees and remember to breathe.

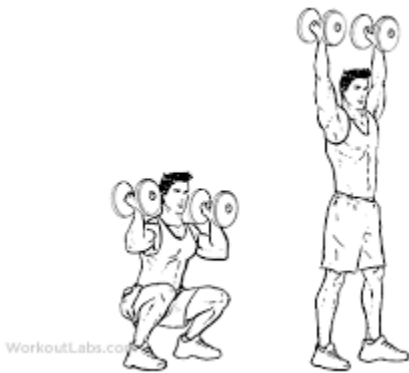
Cool Down: 5 min cooldown stretch with foam roller

**Additional Notes:** Choose two sets of weights for each exercise, one that is comfortable and the second which is heavier. Save the heavier weight for the final set during each exercise.



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

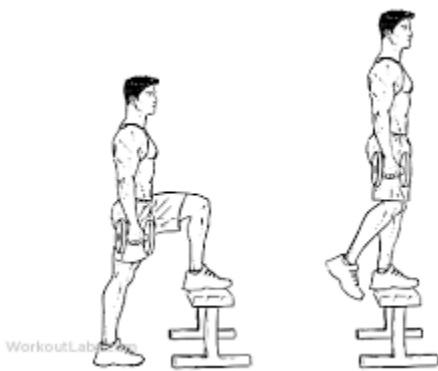
## Sample Diagrams



Dumbbell squat thrusts



Dumbbell hip bridges



Dumbbell step ups