Grab & Go Workouts
Presented by the Fitness Centers
Created by: Kevin Collins

Name of Workout: “Nordic Ski Circuit”
Primary Target Area: Entire Body
Approximate Time: 30 mins - 45 mins
Skill Level: Beginner-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 - Beginners: 30 seconds each / Intermediate: 60 seconds each / Advanced: 90 seconds each

Try to rest as briefly as possible between exercises. Once you have completed all 7 exercises, take a 60 to 90 second rest. Repeat the round 4 times. Rest between each round 60-90 seconds.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Skier Jumps</td>
<td>Jump laterally over a bar placed on the ground. Keep core engaged and chest up. Keep arms bent and move them back as you land. Land with soft knees.</td>
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<tr>
<td>Single-Leg Deadlift</td>
<td>Place kettlebell on ground. Plant working foot and press into the ground. Gradually lift back leg behind. Keep back flat and hinge at the hips. Bend the working knee more to reach the bottom and pick the kettlebell up. Push through the heel and fully extend the hips forward. One the next rep, release the kettlebell at the bottom of the deadlift. Keep alternating and switch legs halfway through.</td>
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<tr>
<td>Russian Twists</td>
<td>Begin in a sit-up position with your torso 45-60 degrees up and your feet lifted off of the floor. Twist the core and shoulders, tapping the floor on each side on every rep.</td>
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<tr>
<td>Single-Leg Bridge</td>
<td>Lay on your back with your hands by your sides, your knees bent and feet flat on the floor. Make sure your feet are under your knees. Raise your hips up to create a straight line from your knees to shoulders. Squeeze your core. Slowly raise and extend one leg while keeping your pelvis raised and level. Hold. Return to the starting position with knees bent. Alternate legs.</td>
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<tr>
<td>Lifted Sit-Ups</td>
<td>Lay on back and lift feet up so the knees are bent at 90 degrees. Place hands behind ears and lift shoulder blades off the ground.</td>
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<tr>
<td>Wall Sits</td>
<td>Sit against the wall with knees bent 90 degrees.</td>
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<tr>
<td>Planks</td>
<td>Keep back straight and hips in line with core engaged. Don't forget to breathe.</td>
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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.

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

Hip Flexor Stretches

Single Leg Deadlift

Hamstring Toe Touches

Skier Jumps

Russian Twists

Lifted Sit Ups

Single Leg Bridge

Planks

Wall Sit