

# 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.

Exercise	Notes
Skier Jumps	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.
Single-Leg Deadlift	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. On the next rep, release the kettlebell at the bottom of the deadlift. Keep alternating and switch legs halfway through.
Russian Twists	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.
Single-Leg Bridge	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.
Lifted Sit-Ups	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.
Wall Sits	Sit against the wall with knees bent 90 degrees.
Planks	Keep back straight and hips in line with core engaged. Don't forget to breathe.

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](mailto:fitness@oswego.edu)



**Prisoner Squat Stretch**



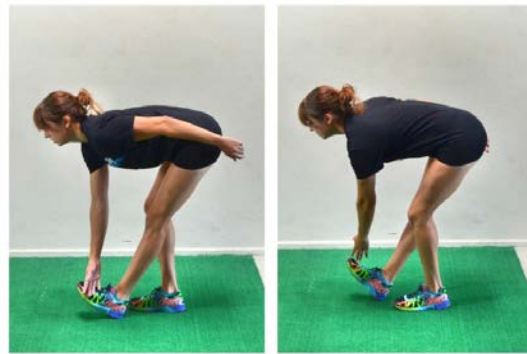
**Hip Flexor Stretches**



**Single Leg Deadlift**



**Hamstring Toe Touches**



**Skier Jumps**



**Russian Twists**



**Lifted Sit Ups**



**Single Leg Bridge**



**Planks**



**Wall Sit**

