

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Only need a barbell
Primary Target Area:	Full Body
Approximate Time:	1 Hour
Skill Level:	Intermediate- Advanced

Warm-up: 10 min cardio of choice & dynamic stretches

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
1. Military Press	3	6-8	60-90 sec	Fully lock out at the top
2. Back Squat	3	8-10	60-90 sec	Keep the torso upright and keep the heels planted
3. Row	3	8-10	60-90 sec	Can use either underhand or overhand grip
4. RDL	3	8-10	60-90 sec	Push the hips back and slightly bend the knees
5. Glute bridge	3	10-12	60-90 sec	Push through the heels into full hip extension
6a. Russian Twist	2	20 secs	1 min after all 3 (6a-6c)	Complete in a circuit form
6b. Leg raises	2	20 secs		Keep your low back down
6c. Plank	2	20sec		On your hands or forearms

Cool Down: Foam roll and static stretch

Additional Notes:

Exercises 1-5 could also be completed as a circuit with 60 sec rest in between each.



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

Sample Diagrams



Military Press



Back Squat



Barbell Row



Barbell RDL



Glute Bridge



Leg Raises