

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	"Ow my back hurts"
Primary Target Area:	Back and Biceps
Approximate Time:	1 hour - 1 hour and 30 minutes
Skill Level:	Advanced

## Warm-up:

1. Foam Roll Upper Back
2. Cat/Cow Stretch

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell Row	4	10	60 seconds	Start the movement with the barbell on the floor instead of from a standing position. This helps you better emulate the deadlift and helps you generate more strength.
Close Grip Pulldown	4	12	45 seconds	Don't allow momentum to dictate the movement, control the weight throughout the entirety of each rep.
Wide Grip Lat Pulldown	3	12	45 seconds	Squeeze the shoulder blades together while maintaining square shoulders.
Neutral Grip Low Cable Row	3	12	45 seconds	Pull the handle to your chest, keeping your back upright and tight throughout the movement.
Preacher Curls	3	12	45 seconds	Go light, get a great pump, and build that peak!
Hammer Curls	3	12	45 seconds	This curl is performed simultaneously with dumbbells but without wrist supination.
Incline Dumbbell Curls	3	12	45 seconds	Position an incline bench at roughly 55-65 degrees.

## Cool Down:

- Child's Pose — hold for 30 seconds to one minute
- Reclining Twist — hold for 10 seconds on each side, repeat 3-5 times

Additional Notes: Select moderate weight for each exercise.

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

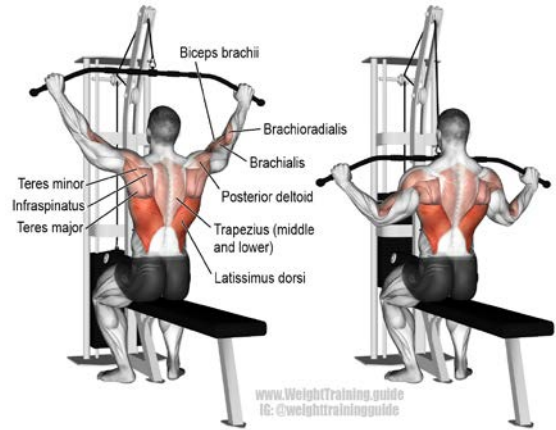


## Sample Diagrams

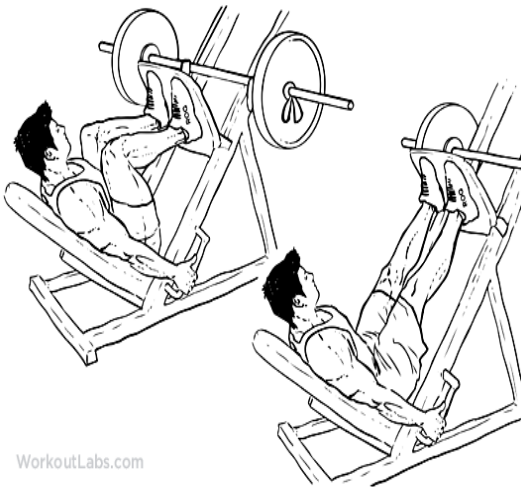
### Barbell Row



### Lat Pulldown



### Preacher Curl



### Incline Dumbbell Curl

