

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Kyle Hollowell



Name of Workout:	"Ow my legs hurt"
Primary Target Area:	Legs
Approximate Time:	45 minutes - 1 hour
Skill Level:	Advanced

Warm-up:

1. Light Cardio - 5 minutes
2. Leg Swings (10-12 reps each leg)
3. Frankenstein Walks (10-12 reps each leg)
4. Goblet Squats with KettleBell (3 sets of 10 reps)

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Squats	4	8	45 seconds	Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider.
Romanian Deadlift	4	10-12	45 seconds	Starting position: Hold a bar at hip level with a pronated grip. Shoulders should be back, back arched, and knees slightly bent.
Leg Press	3	15	45 seconds	Place your legs on the platform directly in front of you at a medium (shoulder width) foot stance. *MAKE SURE THAT YOU DO NOT LOCK OUT YOUR KNEES*
Leg Curls	3	10-12	45 seconds	When you sit down, your knee joint should line up close to the pivot point of the machine.
Barbell Lunges	3	10-12	45 seconds	Take a large step forward with one leg, lowering your rear knee towards the floor while keeping your front shin as vertical as possible.
Seated Calf Raises	3	20	45 seconds	Raise heels by extending ankles as high as possible as you contract the calves.

Cool Down: Pigeon stretch, wall hamstring/calf stretch, standing quad pull

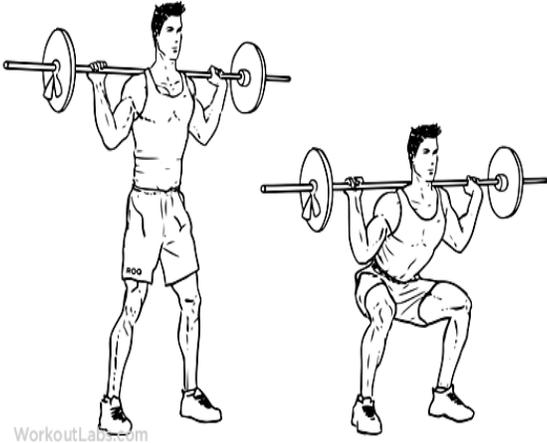
Additional Notes: Select moderate weight for each exercise.

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

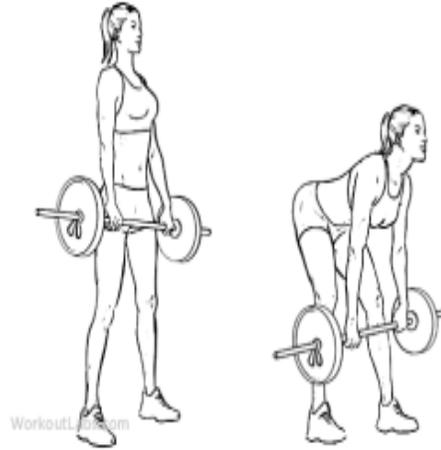


Sample Diagrams

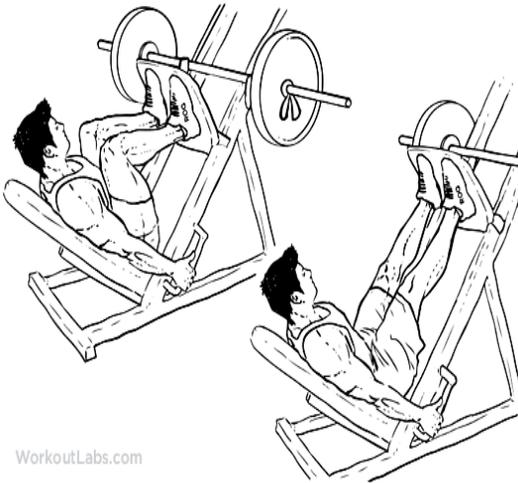
Barbell Squat



Romanian Deadlift



Leg Press



Pigeon Stretch

