

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Push it- Body pump
Primary Target Area:	Full body
Approximate Time:	60 minutes
Skill Level:	All

Warm-up: 10 minutes cardio machine of choice. (bike, treadmill, or elliptical) & some dynamic stretches. (High kicks, walking lunges w/ a twist)

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Squat Jumps	3	15	30 sec	- Quality>Quantity!! Focus on form here! For help see below
Inchworms	3	15	30 sec	-Keep core contracted throughout
Dips off bench	3	12	30 sec	-Elevate your feet up to make more difficult
Russian Twists	3	30	30 sec	- Hold weight in hands to make difficult
Burpees w/ pushup	3	15	30 – 45 sec	- Again, Quality over quantity!!!
Walking lunges	3	20	30 – 45 sec	- Hold weight in each hand
Side plank (each side)	3	30 sec	30 sec	-squeeze the bottom of ribs to top of your hip. Keep top hand up for and open chest.
Forward plank	3	30sec	30 sec	- wrists below shoulders. Straight line from head to feet.

Cool Down: Walk on treadmill for 5 minutes at incline at 5. Walk an additional 5 minutes at incline at 1 Stretch thoroughly

### Additional Notes:

You can break these exercises up however you would like. For example you can go through exercise by exercise, and do 3 sets of squat jumps, then consequently 3 sets of inchworms, etc. You can go down the list 3 separate times, or split the list it in half or in quarters and break it down that way. You preference! Enjoy 😊

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



## Sample Diagrams

### Squat jumps



### Side plank



### Inchworms



- Body pump is a full body workout for all your major muscle groups
- This is meant to be as challenging as you want it to be. Push yourself, but listen to your bodies.
- Feel free to modify anything to your own comfort level.

### Burpees

