

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	“Push” Strength Training
Primary Target Area:	Chest/Shoulders/Triceps
Approximate Time:	60 minutes
Skill Level:	Intermediate - Advanced

Warm-up: Bike for 5 min. 3 Sets of Cable External/Internal Rotations. 3 Sets of 15 Push-Ups.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
1. Bench Press	3	8-10 reps	90 seconds	
2. Dumbbell Shoulder Press	3	8-10 reps	60-90 seconds	
3. Incline Dumbbell Press	3	8-10 reps	60-90 seconds	
4. Chest Dips	3	8-10 reps	60-90 seconds	Lean forward to fully engage your chest.
5. Superset: a) Cable Lateral Raise b) Cable Front Raise	3	10-12 reps	60 seconds	Hold at the top of the exercise for one “Mississippi”, then proceed downward towards the starting position slowly and under control.
6. Cable Flys	3	10-12 reps	60 seconds	While you bring the cables together, squeeze your chest together and hold for a split second.
7. Skullcrushers	4	10-12 reps	60 seconds	
8. Triceps Rope Extension	4	10-12 reps	60 seconds	Hold and squeeze at the bottom position for a split second.

Cool Down: Stretch your chest by standing straight, interlacing your fingers behind your back, straightening out arms and lifting your chin to ceiling. Perform 3 sets with a hold of 20-30 seconds.

Additional Notes:

Use the same challenging weight for each set. If you can get 10reps,10reps,11reps of a weight for an exercise then increase the weight until you are in the rep range.



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

Sample Diagrams:

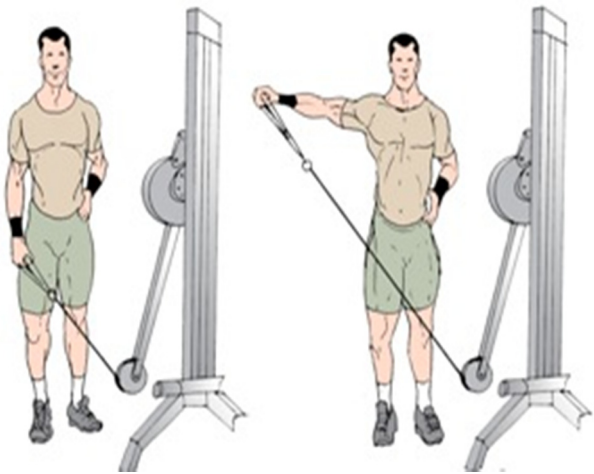
Chest Dips:



Cable Internal Rotation:



Cable Lateral Raise:



Cable Flys:

