

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Nate Burkhardt



Name of Workout:	PUSH to the limit
Primary Target Area:	Chest / Shoulders / Triceps
Approximate Time:	45 minutes
Skill Level:	Intermediate

Warm-up: 10 Minute treadmill (Walk or Jog)

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Push - ups	3	15	1 Min	
Bench Press	3	10	1 Min 30 Seconds	
Standing Overhead Press	3	10	1 Min 30 Seconds	This exercise is performed using a barbell
One arm standing Dumbbell Press	2	12 (each arm)	1 Min	12 reps per arm.
Chest Dumbbell Flies	3	12	1 Min	
Skull Crushers	3	12	1 Min	
Rope Pushdowns	3	15	45 Seconds	

Cool Down: Stretch your chest and shoulders after to this workout

Additional Notes:

This is a PUSH workout that will work your Chest / Shoulders / Triceps. To get the most out of this workout make sure your pushing yourself through every single set.



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

Sample Diagrams

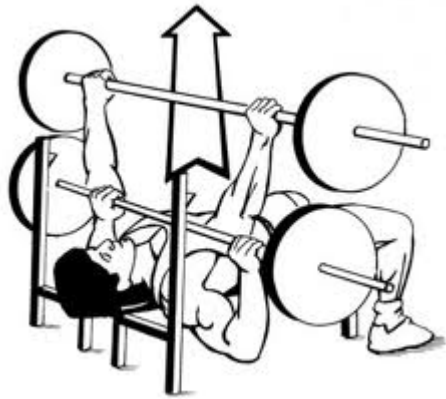
Push Ups



Skull Crushers



Bench Press



Rope Pushdown



Standing Overhead Press



Standing one arm dumbbell press

