

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Natalie Horton



Name of Workout:	Shoulder Attack
Primary Target Area:	Shoulders
Approximate Time:	~ 45 minutes to an hour
Skill Level:	Intermediate

Warm-up: 5 – 10 minutes on any cardio machine, with 2 sets of 10 reps of banded front pulls and banded pull apart

Exercise Routine

Exercise	Sets	Reps	Rest	Notes
Super set: <ul style="list-style-type: none"> • External rotations • Half Arnolds 	3 3	12 12	1 min	No rest between exercises, rest after completing both. See diagram.
Seated Overhead Press	4	10-12	45 sec – 1 min	DB start at shoulder height, palms facing forward.
Underhand Grip Front Raises	3	12	45 sec – 1 min	See diagram.
Lateral/Front Raises	3	40	45 sec – 1 min	Hold one arm lateral in a static position while doing 10 front raises, repeat for other arm. Hold one arm front in a static position while doing 10 lateral raises, repeat for other arm.
Single Arm Upright Row	3	12 (each arm)	45 sec – 1 min	See diagram.
Plate Front Raises	3	12	45 sec – 1 min	Have feet slightly apart.
Bus Drivers	3	10 (each way)	45 sec – 1 min	See diagram. Rotate slowly.

Cool Down: 5 minutes of walking (on incline), followed by upper arm stretching.

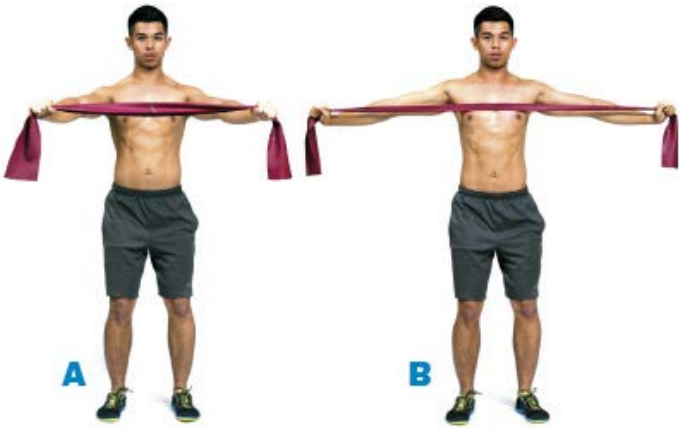
Additional Notes:

Feel free to change the reps/rest to what works best for you if it is too easy or too hard. Also have fun with it!



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

Sample Diagrams



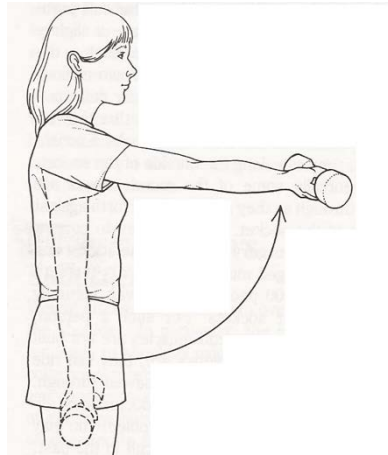
Banded Pull Apart



Banded Face Pulls

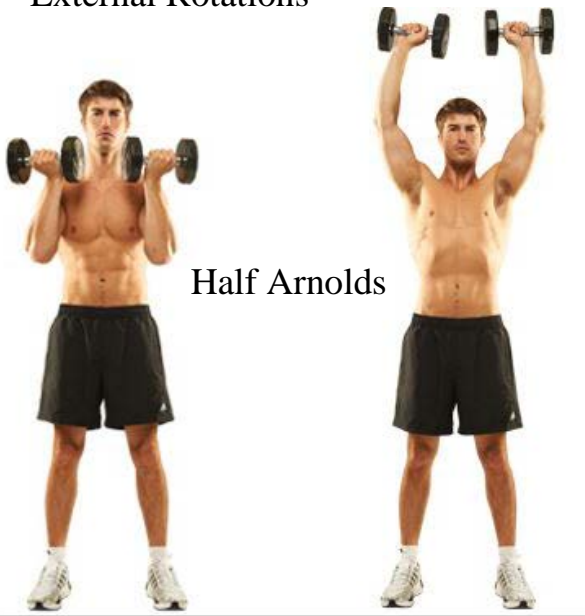


External Rotations

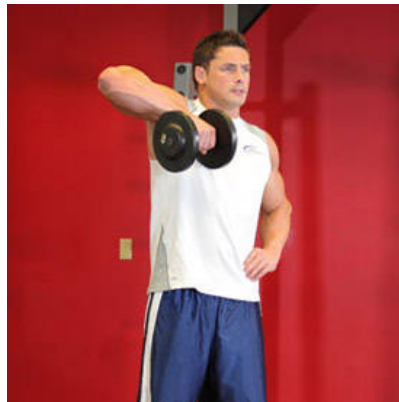


Underhand Grip
Front Raise

Bus Drivers



Half Arnolds



Single Arm Upright
Row