

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Shoulder Shredder
Primary Target Area:	Shoulders
Approximate Time:	1 hour
Skill Level:	Beginner to Intermediate

Warm-up: 10 minutes on any cardio machine

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Circuit 1				
1a. Battle ropes	3	30 sec.	Directly to exercise 1b	Keep core engaged, knees slightly bent
1b. Commando	3	12	Directly to exercise 1c	Alternate between high and low plank. Maintain a flat back at all times
1c. Front lateral raises	3	12	Directly to exercise 1d	Maintain slight bend in arms. Slow controlled motion avoiding any swinging
1d. Push ups	3	8	60-90 sec. rest, return to exercise 1a	Maintain a flat back at all times. Neutral head, neck, and spine
Circuit 2				
2a. Mountain climbers	3	24	Directly to exercise 2b	Maintain a strong high plank, moving quickly from one leg to the other
2b. Overhead shoulder press	3	12	Directly to exercise 2c	Keep core engaged, slow and controlled return
2c. Side lateral raises	3	12	Directly to exercise 2d	Maintain slight bend in arms. Slow controlled motion avoiding any swinging
2d. Battle ropes	3	30 sec.	60-90 sec. rest, return to exercise 2a	Keep core engaged, knees slightly bent

Cool Down: Stretches- arm circles, shoulder & neck rolls, cross-body arm stretch

Additional Notes:

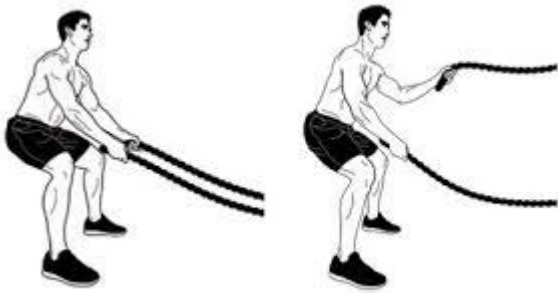
Alternate between Circuit 1 and Circuit 2, completing each 3 times. You can do different variations with the battle ropes including double arm power slams, double arm waves, alternating waves, and lateral waves. Ask the desk for the ropes!!



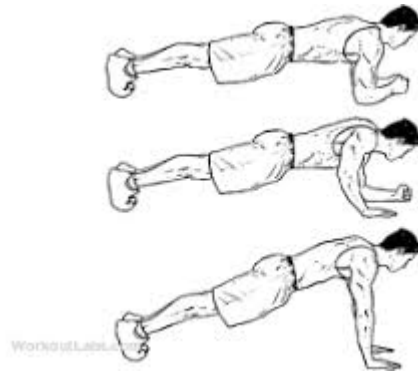
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Battle ropes



Commando



Side and front lateral raise



Mountain climbers

