

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Speedy Push-Pull
Primary Target Area:	Chest and Back
Approximate Time:	45-60 minutes
Skill Level:	Advanced

Warm-up: Arm circles (30 forward and back small circles and 30 forward and back large circles), Banded shoulder external rotation (3 sets of 10)

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Superset 1. TRX Y Fly 2. Flat dumbbell bench press or floor press	4	6-12 reps each	45-60 seconds	Perform the floor press if you usually feel shoulder pain while doing flat
Superset 1. TRX Low Row 2. TRX Push-Up	3	6-10 reps of rows and AMRAP on Push-Ups	45-60 seconds	AMRAP = As many reps as possible. Perform conventional push-ups if needed
Superset 1. Lat Pulldown 2. Incline Bench Press	4	6-10 reps	60 seconds	Substitute bench press with dumbbell press if needed or preferred
Superset 1. Incline Dumbbell Row 2. Dips	4	8-12 reps of rows and AMRAP on dips	60 seconds	Perform dips on the assisted machine if needed

Cool Down: Perform some stretches targeted for your chest and back

### Additional Notes:

For each superset, perform the second exercise immediately after the first and begin your rest period after finishing the second exercise. Ask for assistance with setting up the TRX bands if you do not know how to do so.

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



## Sample Diagrams

### TRX Y Fly



### TRX Low Row



### Flat Bench Press



### TRX Push-up

