

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Erin O'Brien



Name of Workout:	Stop, drop, and give me 20
Primary Target Area:	Upper body
Approximate Time:	40 minutes
Skill Level:	All levels

Warm-up: Cardio machine of choice for 10 minutes. Dynamic (active) stretching.

Exercise Routine

Exercise	Reps/Time	Rest Interval	Notes
Bicep Curls	10- 12	No rest	(Standing, alternating)
Push ups	Open	1 minute	
Overhead press	10-12	No rest	(Engage the core)
Push ups	Open	1 minute	
Dumb bell rows	10-12	No rest	(Elbows tight to core)
Push ups	Open	1 minute	
Lateral raises	10-12	No rest	(Soft bend in elbow)
Push ups	Open	3-5 minute recovery.	

Additional Notes:

- Superset the upper body exercise with a set of pushups. (Back to back with no rest)
- Start with however many pushups you can do! (They will become easier as you work on them daily)
- GOAL is to work your way up to 20 pushups between exercises!!
- Be sure to choose challenging but suitable weights.
- Repeat as many times as desired.
- Pushups may be modified!!

Cool Down:

- Elliptical for 5 minutes
- Stretch the arms efficiently

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



Sample Diagrams

Biceps Curl



Overhead Press



Dumbbell Row



Lateral Raises



Arm Stretches

