

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Strength and Plyometrics
Primary Target Area:	Full Body
Approximate Time:	45-60 minutes
Skill Level:	Intermediate

Warm-up: 10 minutes on cardio machine of choice

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Modified Burpees	2	40s	20s	No push up at bottom
Push Ups	2	40	20s	Modify on knees
Sit Ups	2	40s	20s	
Jumping Jacks	2	40s	20s	
Fwd/Back Lunge	2	20s each leg	20s	Do not rest when switching from leg to leg
Wide Grip Push Ups	2	40s	20s	Modify on knees
Rocket Jumps	2	40s	20s	
Dips	2	40s	20s	Modify on knees
Fwd/Back Jumps	2	40s	40s	
Close Grip Push Up	2	40s	40s	
Lateral Lunge	2	40s	40s	
Squat	2	40s	40s	
Side/Side Jumps	2	40s	40s	

Cool Down: Foam roll each body part for 30s, repeat 3x

Additional Notes: Go through entire circuit once, take 5 minute break, and repeat. If workout is too hard change rep time to 30s and rest time to 30s. If workout is too easy change rep time to 60s and rest time to 15s

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



Sample Diagrams

Modified Burpees:



Rocket Jumps:



Fwd/Back Lunges:



Dips:



Wide Grip Push Ups:



Fwd/Back Jumps:



Close Grip Push Up:



Lateral Lunge:



Side to Side Jumps:

