

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Strength & Conditioning
Primary Target Area:	Arms/Legs
Approximate Time:	45 min-1hr
Skill Level:	Intermediate-Advanced

Warm-up: cardio of choice 5 minutes, Roll out (glutes, quads, calves, lats) Spiderman stretch, Cat-Cow, Inchworms

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Squats	4	8-12	1 minute	Do a 3 count when coming down and then explode up for each rep (3 sec down, 1 sec up)
Side lunge bicep curl with dumbbells	3	8 reps each leg	1 minute	View image on back
Squat and press with dumbbells	3	8 reps	1 minute	View image on back
Step ups on box with kettle bells	3	10 reps each leg	1 minute	Super set with bike
Cycling bike	3	30 sec	1 minute	Superset with step Ups. (use high resistance)
Battle Ropes with burpee	3	1 burpee for every 5 sec battle rope (5x)	1 minute	Perform 1 burpee and then do 5 seconds of battle rope of your choice (slams, alternating etc.). Perform 5 times (reps)
Push ups	3	Failure	1 minute	Use knees if needed

Cool Down: Stretch/Roll Out

Additional Notes:

If you want to make it harder, superset the side lunge bicep curl with the squat and press. Between each side lunge curl, perform a squat and press. Work BEASTS !



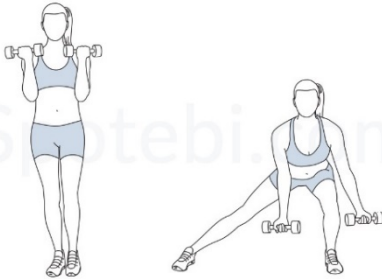
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

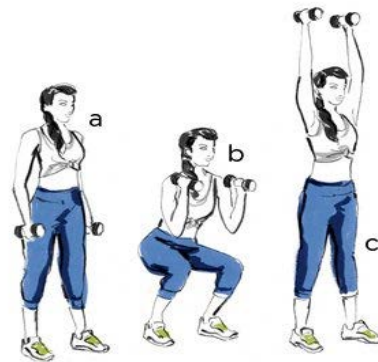
Warm Up



Side Lunge



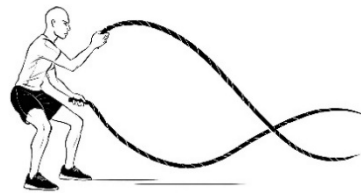
Squat w/shoulder press



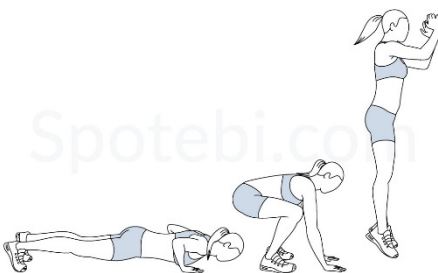
Step ups



Battle Ropes



Push ups



Inch Worms

