Grab & Go Workouts

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Name of Workout:	Strength/Conditioning Circuit		
Primary Target Area:	Whole body	Personal Trainer	
Approximate Time:	45 minutes – 1 hour		N
Skill Level:	Advanced	/	

Warm-up: 3 mins on the bike, 30 seconds high knees, 30 seconds butt kicks, 30 seconds jumping jacks, and dynamic stretches

Exercise Routine

Exercise	Sets	Reps/Time	Notes	
Circuit 1				
Box jumps	3	12	Start with hip hinge, and use arms	
Weighted sit-ups	3	15-20	With medicine ball or dumbbell	
Mini band lateral walks	3	12	See diagram below	
Incline lat flys	3	12	See diagram below	
Circuit 2				
Dumbbell snatch	4	6 each side	See diagram below (explosive!)	
Medicine ball Russian twists	3	30	Keep core tight entire time, & use core	
			to move the ball, not arms	
Circuit 3				
Dumbbell split lunge	3	12 each side	Feet stay in a split stance the whole	
			time	
Side-lying dynamic quad stretch	3	8 each side	See diagram below	
Pull-ups	3	8	Overhand grip	
Circuit 4				
Push-ups w/ 5 second hold	3	6	5 second hold at the bottom of each	
			rep	
Single-leg aerobics ball glute	3	12	2 second hold at the top of each rep	
bridge			and keep other knee close to chest	

Cool Down: Both dynamic and static stretches along with foam rolling

Additional Notes: Circuits should be done with little to no breaks! Grab water in between circuits and push through!!

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





Sample Diagrams

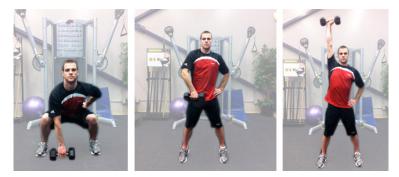
Mini band lateral walks:



Incline lat flys:



Dumbbell snatch:



Side-lying dynamic quad stretch:

