

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Strength/Conditioning Circuit
Primary Target Area:	Whole body
Approximate Time:	45 minutes – 1 hour
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
<b>Circuit 1</b>			
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
<b>Circuit 2</b>			
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
<b>Circuit 3</b>			
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
<b>Circuit 4</b>			
Push-ups w/ 5 second hold	3	6	5 second hold at the bottom of each rep
Single-leg aerobics ball glute bridge	3	12	2 second hold at the top of each rep 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](mailto:fitness@oswego.edu)



## Sample Diagrams

Mini band lateral walks:



Incline lat flys:



Dumbbell snatch:



Side-lying dynamic quad stretch:

- ★ 2-3 Sets
- ★ 8-repetitions each
- ★ 2-sec. hold & relax



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