

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	SUPER Saiyan Legs
Primary Target Area:	Quadriceps, Hamstrings, Glutes
Approximate Time:	1 hour or longer
Skill Level:	Advanced

Warm-up: 3-5 mins on exercise bikes & dynamic stretching

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Back Squat	5	10 - 15 reps	1 Minute	Squat down until your hips are equal to or below the knees. Knees aligned with toes and never round the back.
Leg extensions	5 - 10	30 - 50 reps	45secs to 1 minute	Pick a weight you could do for 50 reps. Every set after, add 20lbs and decrease by 5 - 10 reps.
Side Way Leg Press	5 per leg	15 - 20 reps	1 minute	Turn side ways on the leg press machine and isolate that one leg.
Weighted (Dumbbells) Jumping Lunges	5	15	1 minute	Regular lunges, however, you are jumping in place landing in lunge position
Box Squats	3 - 5	6 - 10	2 minutes	Find a platform 15 - 30 inches high and your squatting and sitting onto the platform.
Hip Abductor machine	3 - 5	12 - 20	1 minute	Sitting down, push outwards and you'll feel the glutes.

Cool Down: Full body static stretch and foam rolling.

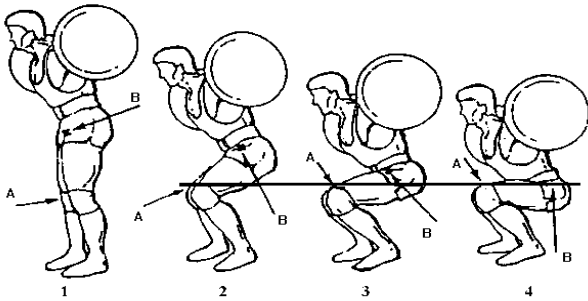
**Additional Notes: Make sure you get adequate rest since there are a lot of sets. You could do this for muscle building or lower the reps for strength training. You WILL feel crazy pump.**



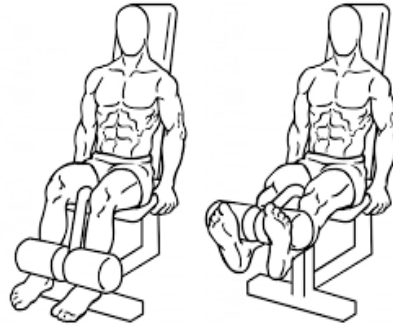
Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)

## Sample Diagrams

### Squats:



### Leg Extensions:



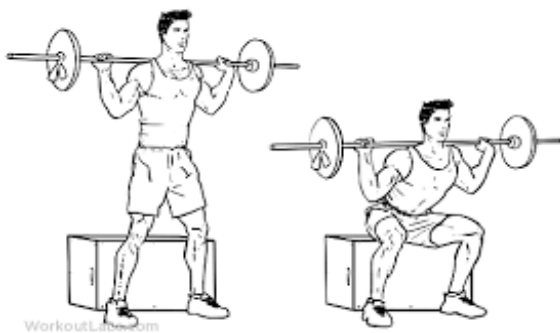
### Side Way Leg Press:



### Jumping Lunges:



### Box Squats:



### Hip Abductor Machine:

