

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Tank Top Arms <i>The summer body starts now :)</i>
Primary Target Area:	Shoulders, triceps, biceps
Approximate Time:	30-45 minutes
Skill Level:	Intermediate

Warm-up: 10 jumping jacks, jogging in place for 1 minute, 10 walking lunges

Exercise Routine

Circuit	Sets	Reps/Time	Rest Interval	Notes
1) Medicine ball squat and press	4	25	Limit	8-10 pound ball
2) Push ups followed by a traditional plank	4	1) 15 push ups 2) 30 second plank	Limit	Slightly bending your elbows in the plank will allow for a greater effect
3) Tricep dips followed by overhead tricep extension	4	1) 20 dips 2) 15 extension	Limit	
4) Burpees followed by 1:30 arm circles	4	1) 15 burpees 2) 30 sec arm circle	Limit	Try the challenge and add a push up to your burpees
5) Lateral raises (60, 40, 20)	4	Use light weight! ~5lbs	10 seconds in between	For 60 seconds, complete as many reps as you can. Take a 10 second rest in between. For 40 seconds, do the same-take a 10 second rest, and so on.
6) Bicep burner	4	24 reps		8 full bicep curls, 8 curls half way up, 8 full bicep curls, continuously

Cool Down: Stretch!

Additional Notes:

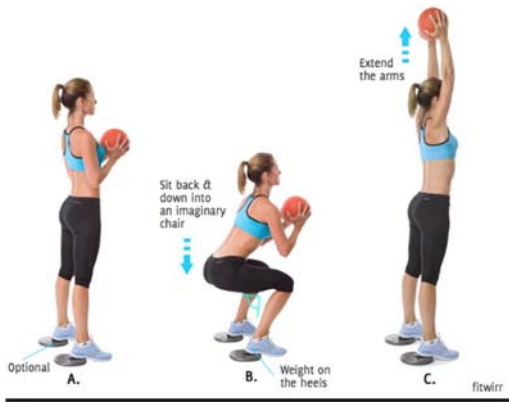
- Completion of all 6 exercises is a circuit. Complete a total of 4 circuits
- Rest in between circuits ~1-2 minutes

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



Sample Diagrams

Medicine ball squat and press



Traditional plank



Triceps dips



Triceps extension



Burpees



Lateral raises

