Grab & Go Workouts
Presented by the Fitness Centers
Created by: Emily Smith

Name of Workout: Tank Top Arms
The summer body starts now :)

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

<table>
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<tr>
<th>Circuit</th>
<th>Sets</th>
<th>Reps/Time</th>
<th>Rest Interval</th>
<th>Notes</th>
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<tbody>
<tr>
<td>1) Medicine ball squat and press</td>
<td>4</td>
<td>25</td>
<td>Limit</td>
<td>8-10 pound ball</td>
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</table>
| 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

Cooper & Glimmerglass Fitness Centers
Sample Diagrams

**Medicine ball squat and press**

1. Options: A.
2. Sit back & down into an imaginary chair.
3. Weight on the heels.
4. Extend the arms.

**Traditional plank**

**Triceps dips**

- Triceps dips:
  - Dips on a bench.
  - Dips without a bench.

**Triceps extension**

- Extension:
  - With dumbbells.
  - Without dumbbells.

**Burpees**

- Burpees:
  - Push-up.
  - Jump-up.

**Lateral raises**

- Lateral raises:
  - A.
  - B.