

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	The “Always Strong” Workout
Primary Target Area:	Upper Body
Approximate Time:	1 hour – 1 hour & 15mins
Skill Level:	Intermediate - Advanced

Warm-up: 1.) 5 Min on any cardio machine (low intensity)

2.) Runner’s Lunge Twists (10-12 reps)

3.) External & Internal Shoulder Rotations w/ Resistance Band (10-12 reps)

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Bench Press	3	8-10	1-2 min	Retract Shoulders (squeeze shoulder blades together), feet planted to the floor, & butt planted to the bench.
Pullup or Assisted Pullups	3	8-10	1 min-2 min	Place hands slightly outside shoulder width pull through elbows.
Incline Dumbbell Press	3	10-12	1 min	Set bench at an upright angle of 15-30 degrees. Don’t flare elbows out
Single Arm Dumbbell Row	3	10-12 (each side)	1 min	Retract shoulders, back flat, and pull through the elbows as you keep your chest up.
Dumbbell Shoulder Press	3	10-12	1 min	Feet planted on the ground and have NO low back arch on the seat.
Cable Face Pull w/ Rope Attachment	3	10-12	1 min	Grape rope with neutral palms & separate hands as you pull towards your face.

Cool Down: Foam Roll muscles targeted in the upper back 1-2 mins and perform stretches to open up the chest/shoulders.

Additional Notes: Select weights that are challenging enough to maintain good form.



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

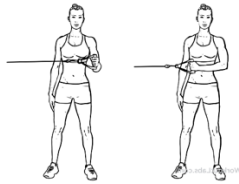
Sample Diagrams



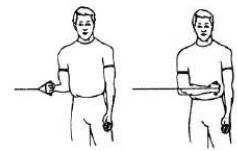
Bench Press



Runner's Lunge



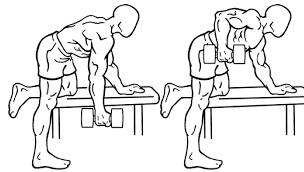
External Rotations



Internal Rotations



Cable Face Pull



Single Arm Dumbbell Row