

Grab & Go Workouts

Presented by the Fitness Centers

Created by: the PTC Aaron Carlo



Name of Workout:	The Versace Dumbbell Full Body MiXTAPE
Primary Target Area:	Full Body Circuit
Approximate Time:	30-45mins
Skill Level:	Beginner - Intermediate

Warm-up:

1. Treadmill/Elliptical (5 mins) at a steady pace to increase heart rate.
2. Rotating Toe Touches (2 sets of 15)
3. Arm Circles (2 Sets of 15) *Clockwise & Counter-Clockwise each set

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
1. Squat Toss w/ Medicine Ball	3	10	45secs-1min	1.) Hold a medicine ball to your torso and sit back with your hips until legs are parallel. 2.) Drive hips into extension while pushing the floor down with your feet. 3.) Using the momentum from the squat, toss the ball up a short distance and catch. 4.) Repeat
2. Shoulder Press on a Stability	3	10	45 secs- 1min	1.) Sit on a stability ball with a neutral spine and dumbbells beside your head. 2.) Keeping your elbows at 90 degrees, Press dumbbell upwards until full extension of the arm. 3.) Lower dumbbells back to starting position & Repeat
3. Rotating Lunges w/ Medicine ball	3	10	45 secs- 1 min	1.) Step one foot out into a lunge position and bend both knees. 2.) Rotate your arms and torso over that lead leg. 3. Repeat step 1 & 2 with opposite leg.
Super Sets 4a: Shoulder Taps 4b: High Knees	3	10 reps (4a)/20 secs (4b)	45 secs - 1 min	4a: Begin in a pushup position and tap each shoulder with the opposite arm while keeping hips stabilized. 4b: Lift left knee to your chest and switch to your right knee to your chest. Alternate each leg as if you were sprinting in place. *Try not to rest between the superset; complete 4a and go right into 4b.
5a: Russian Twists w/ medicine ball 5b: Wall Sits	3	10 reps (5a) 20 secs (5b)	45 secs-1min	5a: lie on the floor with knees bent and feet slightly off the floor. Hold the medicine ball in front of your chest and twist torso to the left side and the right side. Continue alternating. 5b. Sit against a wall with back in a neutral position; legs parallel to floor and hold static position.
6. TIYR® Flips	3	8-10 reps	45secs-1 min	1. Start with your feet and hips shoulder-width apart. 2. Push hips back as you keep your back flat 3. Place your palms under the tire and drive your hips into extension and catch the tire once it's at a vertical position and push it forward. 4. Repeat

Cool Down: Foam Roll and stretch targeted muscle groups or areas where you feel tight

Additional Notes: Feel free to adjust intensity of each exercise by modifying to make it more applicable to you or adjusting the weight/rep scheme to challenge yourself.

Questions or Comments? Please email fitness@oswego.edu



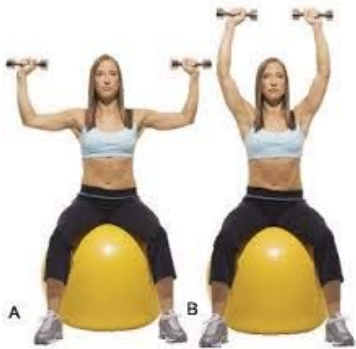
Sample Diagrams



Rotating Toe Touches

Arm Circles

Squat Toss w/medicine ball



Shoulder Press on Stability Ball

Rotating Lunges with Medicine Ball

Shoulder Taps



High Knees

Russian Twists

TIYR (tire) flips