

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	TIYR & sled full body circuit
Primary Target Area:	Full body
Approximate Time:	Approximately 10 minutes
Skill Level:	Intermediate (can be modified for anyone)

Warm-up: 5 minutes of low-intensity cardio, followed by some dynamic stretching

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Lateral TIYR hops	1	45 seconds	45 seconds	Standing beside a TIYR, hop on to the TIYR, then into the middle, continuing back and forth
TIYR Carry (farmers walk)	1	4 lengths of the turf	45 seconds after 4 lengths	With a neutral spine, pick up the TIYR with deadlift form, and carry
TIYR step ups with knee raise	1	45 seconds	45 seconds	Lift knee higher than other knee, and switch knees halfway through
TIYR flips	1	2 lengths of turf	45 seconds after two lengths	Keeping a neutral spine and bending at the knees, grab underneath the TIYR or the side handles and lift explosively to flip the TIYR over
TIYR Burpee jumps	1	45 seconds	45 seconds	Burpee with hands on the TIYR and then jump on TIYR on the way up
Sled Pull (with TRX band) for one length of turf, Followed immediately by Sled Push for one length of turf	1	2x	45 seconds after two lengths	Add enough weight plates to create a medium difficulty in pushing the sled

Cool Down: full body static stretching

Additional Notes:

For intermediate/advanced skill levels, complete twice or increase working time and/or decrease rest time. For beginner skill level, decrease working time and increase rest time.

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



Sample Diagrams

Lateral Hop



TIYR Burpee Jump



TIYR Flip



Step-up with knee raise (Replace box with TIYR)



Sled Pull wth TRX band



Sled push

