

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Total Body Toner
Primary Target Area:	Full body
Approximate Time:	45 min
Skill Level:	Beginner to intermediate

Warm-up: 5 min of low-moderate intensity cardio of choice

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
1.Squat and press	3	10-12	1 min	Hold the dumbbells with a neutra gripl and use your leg drive to help press up
2.Alternating Lunge with bicep curl	3	10-12 each leg	1 min	Dont let your knee go over your toe and pick a weight lighter weight to complete high reps of bicep curls
3.Wall sit w/ front delt raise	3	10-12 reps	1	Keep your quads paralell to the ground and raise your arms to shoulder level in front of you
4.Renegade row (alternating)	3	10-12 reps	1 min	hold dumbbells w/ neutral grip while in pushup position and drive each elbow back each row
5a. High knees	3	20 sec	10 sec	complete one set of 5a-5b consecutively w/ a 10 sec in between each then rest 1 min after each set
5b. Shoulder taps	3	20 sec	10 sec	Start in pushup position and alternate tapping opposite shoulder with opposite hand
5c. Mountain climbers	3	20 sec	10 sec	Keep back neutral, core engaged and drive knees to chest
5d. Jump squat to oblique twist	3	20 sec	10 sec	Perform a jump squat and then crunch opposite elbow towards opposite knee on each side and repeat

Cool Down: Foam roll and static stretch

Additional Notes:

Exercises 1-4 can also be completed in circuit style to increase intensity by completing each exercise consecutively for 30 seconds each and then resting for 1 min



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

Sample Diagrams

Squat to press:



Renegade row:



Wall Sit w/ front delt raise:



Shoulder Taps:

