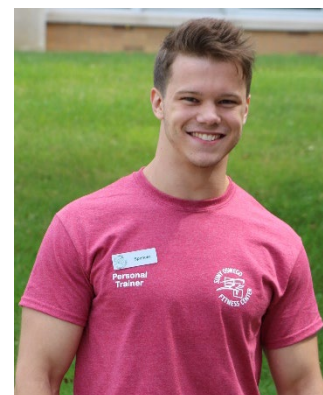


Grab & Go Workouts

Presented by the Fitness Centers

Created by: Spencer Simoni



Name of Workout:	Tree Trunk Legs!
Primary Target Area:	Lower Body
Approximate Time:	1 - 1.5 hours
Skill Level:	Moderate to Advanced

Warm-up: Low to moderate-intensity cardio until you break a light sweat. Foam roll quads, glutes, and hamstrings (10-15 sec. each muscle group). Walking lunges followed by leg kicks front-back and side-side (10 each leg).

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell Back Squat	3	8	2 min.	Feet shoulder-width apart with toes pointed slightly outward, squat down at least 90 degrees/parallel to the floor, use entire foot to push back up
Romanian Deadlift	3	10-12	1-2 min.	Drive your hips back, bend knees minimally, keep spine straight, let the weight come down until you reach mid-point of shins, squeeze glutes and hamstrings on the way up
Bulgarian Split Squat	3	12 each leg	1-2 min.	In a lunge position, elevate back foot with forward foot planted on the ground, bend forward leg until parallel to the ground, use forward leg to push back up
Dumbbell Hamstring Curl	3	12	1 min.	On a bench, lay on your stomach with legs together, grab a dumbbell and place it between your feet, curl the weight up with your hamstrings
Barbell Hip Thrust	3	15	1 min.	Lean against bench with legs bent, place barbell on hips and drive hips forward while squeezing glutes
Leg Press Calf Raise	5	20	45 sec.	Place toes and ball of feet at the bottom of the leg press platform, push off toes and squeeze calves, control the weight on the way back

Cool Down: Static Stretches – 30 sec. hold. 5 min. low-intensity cardio

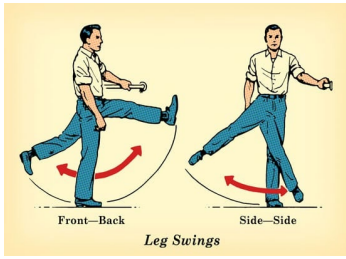
Additional Notes:

Choose weight for each exercise that allows you to complete all reps with 2 reps shy of failure.

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



Sample Diagrams



Barbell back squat



Romanian deadlift



Bulgarian split squat



Dumbbell Hamstring Curl



Hip Thrust