

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	TRX Squat Challenge
Primary Target Area:	Legs
Approximate Time:	15-30 Minutes
Skill Level:	Intermediate/Advanced

Warm-up: 5-10 Minutes Bike + Dynamic Stretch

Exercise Routine

Exercise	Reps/Time	Notes
Squat	15	
Jumping Squat	10	
Narrow Squat	15	Feet narrower than shoulder width apart.
Jumping Squat	10	
Alternating Curtsy Lunge	20	10 Reps Each Leg.
Jumping Squat	10	
Sumo Squat	15	Feet wider than shoulder width apart and toes slightly pointing outward.
Jumping Squat	10	
Side Lunge	20	10 Reps Each Leg.
Jumping Squat	10	
Pistol Squat	20	10 Reps Each Leg.
Jumping Squat	10	

Cool Down: 5-10 Minutes Bike + Static Stretch

Additional Notes:

- TRX straps are located behind the front desk(ask a facility attendant) and can be linked to the hook on the wall by the jump ropes on the wood floor.
- 90 degrees in both knees and keep knees behind toes for all squats.
- One exercise directly after the other, small break/shake legs out in between if needed.
- Repeat all exercises after a 3-5 minute break for a second round if desired.

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



Sample Diagrams

Squat



Jumping Squat



Narrow Squat



Sumo Squat



Pistol Squat



Curtsy Lunge



CURTSY LUNGE