# Grab & Go Workouts

Presented by the Fitness Centers  
Created by: Justin Akin

<table>
<thead>
<tr>
<th>Name of Workout</th>
<th>Ultimate Abs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Target Area</td>
<td>Core</td>
</tr>
<tr>
<td>Approximate Time</td>
<td>25-30 minutes</td>
</tr>
<tr>
<td>Skill Level</td>
<td>Moderate</td>
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</tbody>
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Warm-up: 5 minutes on bike 10-12 resistance

## Exercise Routine

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps/Time</th>
<th>Rest Interval</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Barbell Russian twists | 5    | 10-12     | 1 Min.        | Keep arms straight as possible  
Move end of barbell from hip to eye level then back to the other hip  
10-15lbs. can be added to increase difficulty                               |
| Horizontal Cable Woodchop | 3  | 10-12   | 1 Min.        | Arms locked, feet planted, only rotating torso  
Keep core tight with focusing on not “swinging” the weight  
Each set contains ten reps rotating both ways                        |
| Hanging Leg Raisers    | 4    | 10-12     | 1-2 Min.      | Hold core tight to keep still  
Do not swing legs up, upper body should not move                       |
| Sit-ups/Crunches       | 1    | 40        |               | Sit-ups or crunches work; do whatever feels most comfortable        |
| V-ups                  | 1    | 25        |               | Shoulders should come completely off ground on each rep  
Place feet on wall if exercise is too difficult                        |
| Stability Ball Knee Tuck | 3  | 10-12   | 1 Min.        | Hold core tight to keep balance on ball  
Use a Glider Pad if unable to balance on ball                          |
| Plank                  | 2    | 1 Min.    | 30 Sec.       | Remain straight  
Do not allow lower back to drop towards the floor                      |
| Side Plank             | 2    | 30 Sec.   | 30 Sec.       | Each set contains a 30 Second Plank On each side                     |

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

**Horizontal Cable Chop:**

**Barbell Russian Twists:**

**Hanging leg Raisers:**

**Stability Ball Knee Tuck:**