

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Ultimate Abs
Primary Target Area:	Core
Approximate Time:	25-30 minutes
Skill Level:	Moderate

Warm-up: 5 minutes on bike 10-12 resistance

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
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

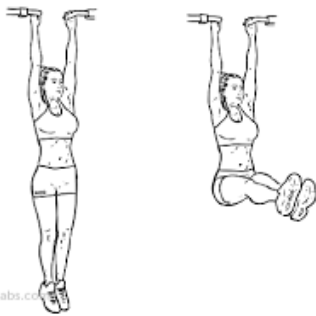
Horizontal Cable Chop:



Barbell Russian Twists:

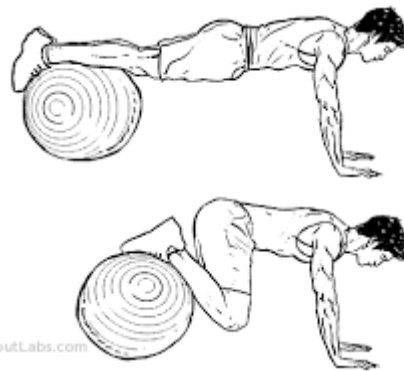


Hanging leg Raisers:



WorkoutLabs.com

Stability Ball Knee Tuck:



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