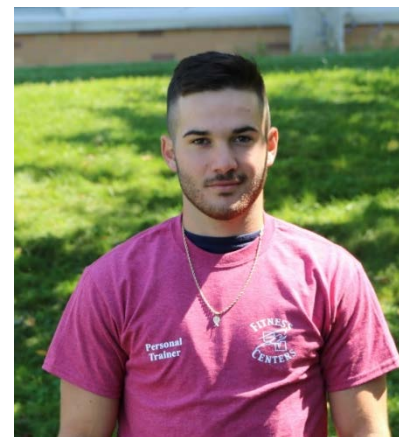


# Grab & Go Workouts

Presented by the Fitness Centers

Created by: Justin Akin



Name of Workout:	Weightless Workout
Primary Target Area:	Full body
Approximate Time:	45 minutes
Skill Level:	Intermediate

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

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Pull Ups	3	10-20	1 min	Palms Facing away
Dips	3	10-20	1 min	Elbows to 90 degrees, Don't dip too low
Pushups	3	10-20		Very hand position- traditional, diamond, decline, ect.
Box Jumps	6	10	1 min	Alternate tall/mid height box per set
Wall Sit	2	1 min		Knees at 90 degrees
Inverted Row	3	15	1 min	Use Smith Machine w/ bar locked in Approx. 3 feet above ground
Plank	2	1 min	30 sec	Keep butt down & don't cheat!
Side Plank	2	1 min	1 min	30 sec. each side per set
Plank to pushup	2	1 min	30 sec	<b>Start in Plank position- one arm at a time:</b> extend arms into pushup position, once on both hands, revert back to plank- done consecutively for 1 minute
Jump Rope	2	2 Min	1 min	If unable to jump rope place wood dowel on floor- jump over and back for 2 min

Cool Down: 5 Minute cool down Stretch

Additional Notes:

No weights Needed! Use of assisted dip/pullup machine is encouraged for those who cannot reach 10 reps.



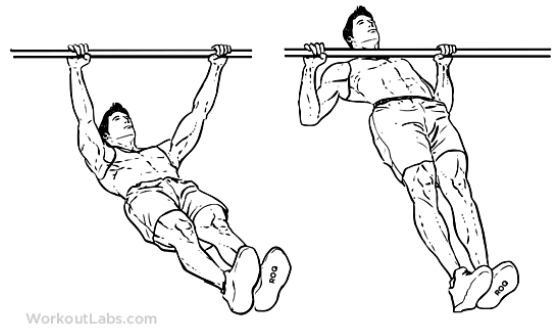
Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)

## Sample Diagrams

**Plank-to Push up:**



**Inverted Row:**



**Inverted Rows:**



**Side Planks**

