

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Welcome to the Tone Zone
Primary Target Area:	Full Body
Approximate Time:	35 Minutes
Skill Level:	Intermediate - Advanced

Warm-up: Stretch, 5 Min of interval Sprints (30 Sec on, 30 sec off)

Exercise	Sets	Time	Rest	Notes
<b>Upper Body Circuit:</b>				
Bosu Ball Push Ups w/ Cross Mt. Climber	2	25	10	After every rep, perform Cross Mt. Climber
Dips w/ Leg Lift	2	25	10	As you press up in dip, lift straight leg
Weighted Burpees w/ Shoulder Press (No Jump)	2	25	10	Drive knees to chest before standing up, press weight above head when standing
Renegade Row w/ Spiderman crunch	2	25	10	Perform Spiderman Crunch while moving down in push up
Rotating Bicep Curls	2	25	10	Keep Upper arm stationary at side, and only hinge at the elbow
Reverse Flys	2	25	60	Hinge at Hips and attempt to keep torso parallel to the floor.
<b>Lower Body Circuit</b>				
Resistance Band Heel Click Squat	2	25	10	
Weight Squat w/ Side Lunge	2	25	10	Weight Shifted back in the heel, and keep back upright through movement
Switchbacks	2	25	10	Step sideways onto box, switch feet and step down on the opposite side (should be quick movements)
Resistance Band Leg Abductions	2	25	10	Wrap band around ankles and lift leg to the side
Weighted Step Up Glue Extensions w/ Curtsy Squat	2	25	10	With a weight, step up onto box and lift leg behind you. Step down with both feet and perform a Curtsy Squat
Gorilla Box Jumps	2	25	60	Jump Lunges into a squat and then jump onto Box
<b>Core Circuit:</b>				
Med Ball Crunch and Twist	2	25	10	Perform a regular crunch, return to laying position. Crunch again and twist outside of one knee. Return to Laying position. Crunch and twist to opposite knee. Keep med ball above head.
Russian Toss	2	25	10	With med ball, shift weight back and lean, keep core tight, and twist torso (Not just arms) side to side. After one full twist, Toss Ball above you and catch.
Step Up High Knee and Twist	2	25	10	Drive knee high, and twist to the outside of that leg.
V-Sits	2	25	10	Wide placement of hands off to side, hold a V position, and then open both core and legs and bring them back together
Toes to Heaven w/leg Lift	2	25	10	In Laying position, lift legs up, arch your back into the mat, and thrust feet to the ceiling above your head.
Slider Mt. Climbers	2	25	60	

Cool Down: Stretching, slow jog on cardio machine of choice

Additional Notes:

Perform 1 set of a circuit, rest for 60s, then do the same circuit for the 2<sup>nd</sup> set. Repeat pattern for all circuits. Find weights which will make these exercises challenging. Have FUN with it!!!

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



## Sample Diagrams

### Resistance Band Leg Abductions



### Renegade Row



### Rotating Bicep Curl



### Reverse Flys



### Med Ball Crunch and Twist



### Step Up High Knee and Twist



### Heel Click Jump Squat



### Toes to Heaven Leg Lifts

