

MRT 12 Full Body

Movements: Squat/Lunge/Push/Pull/Bend/Twist/Single Leg/Core
Equipment Needed: Mini-Band, Kettlebell or Set of Dumbbells, 1" Band

WARM UP

- Jog in Place: :30 HR 65-75%
- Walking Lunges: 15 on each leg. HR 60-70%
- Walking Opposite Arm/Opposite Leg, hamstring stretch: 15 on each leg. HR 60-70%
- Karaoke Running Drill: 2 laps. HR 70-80%
- Mountain Climbers: 20 reps. HR 70-85%
- Jumping Jacks: 20 reps. HR 65-75%
- Seal Jacks: 20 reps. HR 65-75%
- Explosive Skips: 10 each side. HR 70-80%
- 10 High Knees-1 Push up: 10 reps. HR 80-90%
- 10 Booty Kicks-2 Crunch: 10 reps. HR 80-90%

LOWER BODY MINI-BAND EXERCISES

- Banded Lateral Walks: 20 steps each side. HR 60-70%
- Banded Step Backs: 20 reps on each leg. HR 60-70%
- Banded Ankle Jumping Jacks: 20 reps. HR 70-80%
- Banded Ankle Quick Feet: :20 seconds HR 70-80%

UPPER BODY MINI-BAND EXERCISES

- Banded Wrists Out and In: 20 reps. HR 60-70%
- Banded Wrists Up and Downs: 20 reps. HR 60-70%

RESISTANCE/EXPLOSIVE EXERCISES

- Corrective Lunge (with broom stick): 10 PERFECTED LUNGES.
- Corrective Push Ups: 10 PERFECT PUSH UPS.
- Corrective Squats: 10 PERFECT SQUATS.
- Alternating Lateral Lunges with a Dumbbell Should Press: 15 reps. each side. HR 70-80%
- Push Ups (21's) (7) 1/2 way down push ups, (7) 1/2 all the way down and 1/2 way up, (7) full push ups: 21 reps. HR 70-80%
- Banded Knee Squat Jumps with knees out and in at the bottom of each rep: 15 reps. HR 80-90%
- Alternating Front to 45 degree Lunge to Lateral Lunge: 15 reps each leg. HR 80-90%
- Elbow taps to a push up: (20 total push ups). HR 70-80%.
- Banded Ankles Figure 8's around 2 cones: 8 laps one way 8 laps the other(stay low). HR 70-80%!
- Star Jumps: 15 reps. HR 80-95%

REST 1-2 minutes.

- Do all exercises 4-5 sets for 12 reps per exercise.
- Kettlebell Or Dumbbell Swings. 12 reps. HR 75-85%.
- Dumbbell Single Leg Box Lunge(back leg is on the box) with a bicep curl: 12 reps on each leg. HR 75-85%.
- Dumbbell 90/90 Wood Chops: 12 reps on each side. HR 70-80%.

METABOLIC CONDITIONING

Heart Rate (80-90%)

- Rep count. (20/20/20/15). Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 10 reps. Understand?
- A) Dumbbell Punches (count reps on each arm) (fast).
- B) Squat with a double jump (fast).
- C) Dumbbell Overhead Punches (count reps on each arm).
- D) Star Jumps.
- E) Light Dumbbell Alternating Tricep Extension Overhead (count reps on each arm).
- F) Mountain Climbers (reps on each leg).
- G) Bicycles.

STRETCHING

- Standing Quad Stretch (R/L)
 - Wide Stance Hamstring Stretch
 - Right and Left Groin Stretch
 - Squatted Butterfly Stretch
 - Arm Across the Body (R/L)
 - Open Chest Stretch with Neck Roll
- BIG BOW!!!

Job Well Done!