

MRT Upper Body 12

Movements: Push, Pull, Twist, Arms, Core

Equipment Needed: Mini Bands, Set of Dumbbells, 1" Resistance Band, Broomstick, Step or a Yoga Block, Box or Chair

WARM UP

- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- 1" Band Single Arm Lat stretch. Band attached to the wall. Hold and move for roughly 20 seconds on each side. HR 55-65%
- Broomstick "Slap Shot" Lumbar stretch. 10 reps. each side. HR 55-65%
- Broomstick Overhead Shoulder Press in front push in/pull outs. (5 seconds up/5 seconds down). 10 reps. HR 55-65%
- Broomstick Supine push in/pull outs. (5 seconds up/5 seconds down). 10 reps. HR 55-65%
- Seal Jacks: 30 reps. HR 65-75%
- Banded Wrists Out and In's (palms face each other): 30 reps. HR 65-75%
- Banded Wrists Up and Downs (palms face each other): 50 reps. HR 65-75%
- 5 Jumping Jacks to 1 push: 10 reps. HR 75-85%
- Star Jumps: 10 reps. HR 80-90%

RESISTANCE/EXPLOSIVE EXERCISES

- PUSH UP CHALLENGE: 1 set of push ups until failure. Document reps. and compare to the first time you did this on April 22nd. Please share how many you increased on the Private Facebook Page.
- PLANK CHALLENGE: Plank on elbows until failure. Document time and compare to the first time you did this on April 22nd. Please share with us how many seconds or minutes you increased on our Private Facebook Page.
- Elevated Dynamic Push Ups. (Place right hand on yoga block, do a push up and at the top touch your left hand to your right hand and then back to the next push up. Vice versa on the left hand): 15 reps on each side. HR 65-75%
- 1" Band Single Arm Single Leg Lat stretch with a pull. (Band attached to the wall, stand on a single leg, grab band with opposite arm. Hold the lat stretch for 5 seconds and then stand and pull three times on the band): 10 reps. each side. HR 65-75%
- Dumbbell "T" Lateral Raises: 15 reps on each arm. HR 65-75%
- Supine Twisted Dumbbell Stackers on a box or chair(2 sets of dumbbells with CONTROL): 10 reps each side. HR 65-75%
- Middle 3rd Push Ups (not all the way up, not all the way down. Stay in the middle 3rd): 1:00 as many as you can get! Last set of push ups for the entire program!! Great job! HR 80-90%
- Kneeling Single Arm 1" Band Assisted Sit Up to Pull Down: 15 reps. HR 65-75%
- Dumbbell/Kettle Bell 1/2 Turkish Get Up: 10 reps each side. HR 75-85%
- Dumbbell Alternating Curls: As many reps. as you can get in 1:00 (Push yourself, go heavy, go hard). HR 75-85%

REST 1-2 minutes.

- Do all exercises 4-5 sets for 10 reps per exercise.
- Dumbbell Shoulder Press(Down on a 5 count, up on a 1 count): 10 reps. HR 75-85%.
- Dumbbell Alternating Front to Lateral Raise with both arm: 10 reps HR 75-85%

METABOLIC CONDITIONING

Heart Rate (80-90%)

- Rep count. (20/20/15/10). Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 15 reps. Rest 1:00. Do all exercises 10 reps. Understand?
- A) Bicycle crunches (fast).
- B) Dumbbell Punches.
- C) Dumbbell Jack Presses.
- D) Mountain Climbers.
- E) Dumbbell Hammer Curls.
- F) Dumbbell Jumping Jacks (palms down).

STRETCHING

- Side Extended Lumbar Stretch: 10 each side.
- 1" Band Shoulder Stretch: 10 reps. each way.
- 1" Band Single Arm Lat stretch. Band attached to the wall. Hold and move for roughly 20 seconds on each side.
- Broomstick "Slap Shot" Lumbar stretch. 10 reps. each side.
- Big X with your body, hug in both knees and hold for 10 seconds, back to big X, hold for 10 seconds, hug in both knees and hold for 10 seconds, back to big X, hold for 10 seconds.

GREAT JOB!