

MRT LOWER BODY 5

Movements: Single Leg, Squat, Lunge, Core
Equipment Needed: Mini Band, Set of Dumbbells, Small Hand Towel

WARM

- 90/90 Stretch: Walk hands side to side 5 times each side, each leg. HR 50-60%
- Small Lateral Jumps: 20 reps. HR 70-80%
- Jumping Jacks: 30 reps. HR 70-80%
- Small Front to Back Jumps: 20 reps. HR 80-90%
- Mountain Climbers: 50 reps. HR 80-90%
- Seal Jacks: 30 reps. HR 60-70%
- Kneeling Side Stretch. HR 50-60%
- Burpees: 5 reps. HR 70-80%
- Mountain Climbers: 50 reps. HR 80-90%
- Squat with a double jump: 10 reps. HR 80-90%
- Opposite Arm to Opposite Leg Hamstring Stretch: 10 reps. each side. HR 60-70%

LOWER BODY BAND EXERCISES

- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left.
10 rounds. HR 70-80%
- Banded Ankles Jumping Jacks: 20 reps. HR 70-80%
- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left.
10 rounds. HR 70-80%
- Banded Ankles Hands Overhead Quick Feet: 20 seconds. HR 70-80%
- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left.
10 rounds. HR 70-80%

RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with back leg, dumbbells optional.) 20 rounds. HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with back leg, dumbbells optional.) 20 rounds HR 70-80%
- Alternating Lunge Jumps: 10 reps. each leg. HR 80-90%
- Banded Knees Squat In and Outs with a small Jump(1 in and out/1 Jump) 30 reps.
(Stay Low) HR 60-70%
- Lateral Jump Squats: 10 reps. each side. HR 80-90%
- Banded Knees Squat In and Outs: 40 reps. (Stay Low) HR 60-70%

- Dumbbell calf raises (toes pointed straight ahead.) 10 reps. fast, 10 reps slow. HR 60-70%
- Dumbbell calf raises (toes pointed out.) 10 reps. fast, 10 reps slow. HR 60-70%
- Dumbbell calf raises (toes pointed in.) 10 reps. fast, 10 reps slow. HR 60-70%
- Towel Plank ABCs: 1 set each hand. HR 55-65%
- Mountain Climbers: 40 reps. (Right is one, Left is one). HR 75-85%
- Crunches: 50 reps. HR 75-85%
- Towel Plank ABCs: 1 set each hand. 55-65%
- Mountain Climbers to a Burpee(10 mountain climbers to 1 Burpee 10 rounds. HR 75-85%

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STRETCHING

- Hamstring Stretch: 10-30 second hold.
- Glute knee hug: 10-30 second hold.
- Lower lumbar: 10-30 second hold.
- 90/90 Stretch: Walk hands side to side times each way, each side.
- Bretzel Stretch: Hold 30 seconds each side.

GREAT JOB