

MRT Upper Body 8

Movements: Push, Arms, Core

Equipment Needed: Mini Bands, Set of Dumbbells, 1" Resistance Band, Towel

WARM UP

- Jog in place: 30 seconds HR 60-70%
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- High Knees: :30 seconds HR 65-75%
- Seal Jacks(arms only). 15 reps. HR 55-65%
- Kick Your Booty: :30 seconds HR 65-75%
- Inch worm to a push up: 10 reps. HR 60-70%
- Lateral Jumps: 40 reps. HR 70-80%
- Bicycles: 40 reps. HR 60-70%
- Front to Back Jumps: 40 reps. HR 70-80%
- Inch worm to a push up: 10 reps. HR 60-70%

MINI BAND EXERCISES

- Banded Wrists Out and In: 15 reps. HR 60-70%.
- Banded Wrists Up and Down: 15reps. on each arm HR 60-70%.
- Banded Wrists (Yellow/Light Band) Walk Side to Side (3 steps to your right/3 steps to your left) 5 rounds each way. HR 65-75%
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- Banded Wrists Up and Down: 15reps. on each arm HR 60-70%.
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- Banded Wrists Break the Band. :30 hold.

RESISTANCE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- Dumbbell Shoulder Stackers(up and down) 5 up/5 down. 5 reps. HR 60-70%
- Seated with Feet off the ground Russian Twist to a Dumbbell Shoulder Press. 10 reps each way (20 total presses). HR 65-75%
- Seated Feet Raises (press hands into the ground by your hips and raise your feet off the ground for 5 seconds). 10 reps. HR 60-70%
- Seated Towel Chest Press (Rip the towel) 15 reps. HR 60-70%
- Seated Towel Shoulder Press (Rip the towel and press in front) 15 reps. HR 60-70%
- Banded Wrists Push Ups (Yellow/Light Band) Walk Hands Out/Out 1 push up, In/In, Out/Out 1 push up. 10 reps. HR 70-80%
- Side Bear Crawls to a Burpee. 3 walks to the right 1 burpee/3 walks to the left 1 burpee. 5 reps. each direction. HR 80-90%
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STRETCHING

- Side Extended Lumbar Stretch: 10 each side.
- 1" Band Shoulder Stretch: 10 reps. each way.
 - 1" Band Windmills: 5 reps. each way.
- 1" Band attached to a wall Lat stretch: Hold for 15 seconds on each side.
- Big X with your body, hold for 10 seconds. Hug in right knee and hold for 10 seconds, back to big X, hold for 10!seconds. Hug in left knee 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!