

MRT Full Body 1

Movements: Single Leg, Lunge, Push, Twist
Equipment Needed: Mini Bands, 1” Resistant Band, Set of Dumbbells

WARM UP

- Windshield wipers: 10 rotations on each side. HR 40-50%.
- Dynamic Band Right Hamstring Stretch: 10 reps. HR 40-50%.
- Right Hamstring Band Stretch/Hip Opener: 10 rotations on each side. HR 40-50%.
- Banded Lower Lumbar Stretch On Right Side: :15 second hold. HR 40-50%.
- Dynamic Band Left Hamstring Stretch: 10 reps. HR 40-50%.
- Left Hamstring Band Stretch/Hip Opener: 10 rotations on each side. HR 40-50%.
- Banded Lower Lumbar Stretch On Left Side: :15 second hold. HR 40-50%.

LOWER BODY MINI BAND EXERCISES

- Banded Ankle Lateral Walks: 20 steps each way. HR 65-75%.
- Banded Ankle Kickbacks: 10-20 reps on each foot. HR 65-75%.

LOWER BODY RESISTANCE EXERCISES

- Weighted Single Leg Deadlift: 15 reps. on each leg. HR 60-70%.
- Weighted Single Leg Deadlift with a bicep curl and shoulder press: 15 reps. on each leg. HR 65-75%.
- Weighted Single Leg Deadlift with a bicep curl, 3 shoulder presses, pressure through the hand on knee of opposite quad: 15 reps. on each side. HR 70-80%.
- Lunge: 15 reps. on each leg. HR 70-80%.
- Lunge Pulse Hops: 15 reps. on each leg. HR 75-90%.

UPPER BODY MINI BAND EXERCISES

- Banded Wrist Out and In: 15 reps. HR 60-70%.
- Banded Wrist Out and In (Palms Up): 15 reps. HR 60-70%.
- Banded Wrist Out and In (Palms Down): 15 reps. HR 60-70%.

UPPER BODY RESISTANCE EXERCISES

- Push ups: 2 sets of 15 reps. (Rest :30 between sets). HR 65-75%.
- Dumbbell Stacker: 5 reps. up and down 5 times. HR 65-75%.
- Dumbbell Shoulder Press: 15 reps. HR 65-80%.
- Dumbbell Stacker: 5 reps. up and down 5 times. HR 65-75%.
- Dumbbell Shoulder Press: 15 reps. HR 65-80%.
- 1” Banded Twist: 15 reps on each side. HR 60-70%.
- 1” Single Leg Banded Twist circles: 10 circles one way, 10 circles the other way. 1 rep on each side. HR 60-70%.

STRETCHING

- Windshield wipers: 10 rotations on each side.
- Hamstring Band Stretch/Hip Opener: 10 rotations on each side.
 - Seal Stretch: 15 reps.
 - Chest "Y" Stretch: 15 reps.
 - Seal Stretch: 15 reps.

GREAT JOB