

MRT Full Body 2

Movements: Single Leg, Lunge, Push, Squat
Equipment Needed: Chair, Set of Dumbbells, Small Hand Towel

WARM UP

- Alternating Knee Hugs with a Squat: 10 reps each leg. HR 50-65%.
- Alternating Quad Stretch with a Squat: 10 reps each leg. HR 50-65%.
- Chair or FoamRoller Kicks with a Reverse Lunge: 10 reps each leg. HR 70-80%.
- Alternating Light Dumbbell Punches(engage your core in an athletic stance): 100 punches, 50 each arm. HR 70-85%.
- Jumping Jacks: 50 reps. HR 75-90%.

RESISTANCE EXERCISES

- Single Leg Lunge with Two Arm Dumbbell Lateral Raise: 10 reps on each side. HR 75-85%.
 - SUPERSET
 - Push Ups: 1 set to failure (maintain GOOD form). HR 75-90% (Did you Braydens 35?)
- Single Leg Lunge with Two Arm Dumbbell Shoulder Press: 10 reps on each side. HR 80-90%.
 - Push Ups: goal 5 reps less than 1st round. HR 75-90%.
- Single Leg Lunge with Two Arm Dumbbell Front Raise: 10 reps on each side. HR 80-90%.
 - Push Ups: goal is 10 reps less than 1st round. HR 75-90%.
- Alternating Single Leg Stand with Slight bend in Standing Knee: Tie and untie shoe 10 times. Goal never touch other foot to the ground. HR 70-85%.
 - Towel Crunches With Towel Toward the Ceiling(rip the towel): 10 reps. HR 60-70%.
 - Supine Towel Chest Press(rip the towel): 20 reps. HR 60-70%.
 - Towel Crunches With Towel Toward the Ceiling(rip the towel): 10 reps. HR 60-70%.
- Russian Twist with Towel Across the Body Pulls(rip the towel): 10 to each side. HR 65-75%.
 - Towel Crunches With Towel Toward the Ceiling(rip the towel): 10 reps. HR 60-70%.
 - Towel Superman's (rip the towel) 10 reps. HR 60-70%.
- Alternating Burpee(simply lie on your stomach, stand up, then lie back down) to a Reverse Burpee(simply lie on your back, stand up, then lie back down): 20 reps. HR 85-95%.

STRETCHING

- Hamstring Stretch: 20-30 second hold.
- Glute knee hug: 20-30 second hold.
- Lower lumbar: 20-30 second hold.
- Shoulder Stretch: 20-30 second hold.
- Tricep Stretch: 20-30 second hold.
- Chest and Neck Stretch: 20-30 second hold.

GREAT JOB