

MRT Full Body 3

Movements: Pull, Bend, Twist, Single Leg, Core

Equipment Needed: Mini Band, Set of Dumbbells, Small Hand Towel, Resistant Band

WARM UP

- Jumping Jacks: 30 reps. HR 60-70%.
- Kneeling Side Stretch. Hold :15 on each side. HR 50-65%.
- Side Shuffle Touch(2 steps to right reach, 2 steps to left reach) each side.
- 90/90 Stretch: Walk hands side to side 5 times each side, each leg.
- Side Shuffle to an Inch Worm with a Push up: 3 Shuffles to an Inchworm and Push up each way, 4 on each side.
- Jumping Jacks: 50 reps.

LOWER BODY BAND EXERCISES

- Banded Hip Bridge: 10-30 reps. (band around knees).
- Banded Hip Bridge with Knees In and Out: 10-30 reps. (band around knees).
- Clam Shells: 10-30 reps on each leg. (band around knees).
- Single Leg Banded Side Kicks: 10-30 reps on each leg. (band around knees).
- Single Leg Banded Side Raises. (bands around knees or ankles to make it harder).

RESISTANCE EXERCISES

- Deadlift Rows: 5 Rows for Every Deadlift. 5-10 rounds.
- Single Leg RDL Hold with Rows: 10-30 reps per leg. 2 sets on each leg.
- Squat Bend Twist Press: (Both Weights to Opposite side of the Body With a Press at the Top). 20-30 reps each side.
- Single Leg Step Overs: 10-30 reps. 2 sets each leg.
- Resistant Band Step Overs: 10-30 reps. (Band On Outside of Knee).
- Resistant Band Step Overs: 10-30 reps. (Band On Inside of Knee).
- Resistant Band Twist ABCs: 1 set each side.
- Towel Plank ABCs: 1 set each hand.
- Mountain Climbers: 20-40 reps. (Right is one, Left is one).
- Resistant Band Twist ABCs: 1 set each side.
- Towel Plank ABCs: 1 set each hand.
- Mountain Climbers: 20-40 reps. (Right is one, Left is one).
- Dynamic Burpees(fast as you can): 10 reps.
- Dynamic Reverse Burpees(fast as you can): 10 reps.

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