

## MRT Full Body 5

Movements: Squat/Bend/Push/Pull/Core

Equipment Needed: Mini Band, Set of Dumbbells or Kettlebells/Resistant Band

### WARM UP

- Banded Ankles Lateral Walk: 20 reps. HR 50-60%
- A skip and B skips: 20 reps. on each side. HR 65-75%
- Alt Rev. Lunges: 10 reps each side. HR 60-75%
- Butt Kicks: 10 reps each leg. HR 65-75%
- Alt Toe Kicks: 10 reps each side. HR 60-70%
- Ice Skaters: 10 reps each side. HR 65-75%
- High Knees: 10 reps each leg. HR 70-80%
- Static Sprints (hold Sprint for :30 sec) HR 80-90%

### RESISTANCE/EXPLOSIVE EXERCISES

- Do all exercises 4-5 sets for 10 reps per exercise. SUPERSETS  
(SUPERSET 1) 4-5 sets.
  - Lateral Bound 10 reps. HR 70-80%
- Explosive Squat Press: 10 reps. HR 75-85%
- REST 1-2 minutes. HR 50-60%
- (SUPERSET 2) 4-5 sets.
  - Kettlebell/Dumbbell Swing or Hip Bridge: 10 reps. HR 70-80%
  - Squat Jumps: 10 reps. HR 80-90%

### METABOLIC CONDITIONING

- Rep count. (20/15/10/5). Do all exercises 20 reps. Rest 1:00. Do all exercises 15 reps. Rest 1:00. Do all exercises 10 reps. Rest 1:00. Do all exercises 10 reps. Understand?
- Push Up to Leg Kick: 20 reps. HR 75-85%
- Speed Jacks: 20 reps. HR 80-90%
- Double Dumbbell Bent Over Row: 20 reps. HR 75-85%
- Bicycle Crunches: 20 reps. HR 75-85%
- Ass to Grass Squat: 20 reps. HR 80-90%
- Russian Twist: 20 reps. HR 75-85%
- Push Up to Leg Kick: 15 reps. HR 75-85%
- Speed Jacks: 15 reps. HR 80-90%
- Double Dumbbell Bent Over Row: 15 reps. HR 75-85%
- Bicycle Crunches: 15 reps. HR 75-85%
- Ass to Grass Squat: 15 reps. HR 80-90%
- Russian Twist: 15 reps. HR 75-85%
- Push Up to Leg Kick: 10 reps. HR 75-85%
- Speed Jacks: 10 reps. HR 80-90%
- Double Dumbbell Bent Over Row: 10 reps. HR 75-85%

- Bicycle Crunches: 10 reps. HR 75-85%
- Ass to Grass Squat: 10 reps. HR 80-90%
- Russian Twist: 10 reps. HR 75-85%
- Push Up to Leg Kick: 5 reps. HR 75-85%
- Speed Jacks: 5 reps. HR 80-90%
- Double Dumbbell Bent Over Row: 5 reps. HR 75-85%
- Bicycle Crunches: 5 reps. HR 75-85%
- Ass to Grass Squat: 5 reps. HR 80-90%
- Russian Twist: 5 reps. HR 75-85%

### STRETCHING

- Standing Quad Stretch (R/L): 10 second hold.
- Wide Stance Hamstring Stretch: 10 second hold.
- Right and Left Groin Stretch: 10 second hold each side.
- Squatted Butterfly Stretch: 10 second hold.
- Arm Across the Body (R/L): 10 second hold each side.
- Open Chest Stretch with Neck Roll: 10 second hold.
- Big Bow: 2 second hold.

GREAT JOB