

MRT LOWER BODY 2

Movements: Single-Leg, Lunge, Squat, Core
Equipment Needed: Mini Band, Set of Dumbbells.

WARM UP

- Jog in Place: 30 seconds. HR 60-70%
- Kneeling Side Stretch. HR 50-60%
- Side Shuffle Touch: 10 each side. HR 70-80%
- 90/90 Stretch: Walk hands side to side 5 times each side, each leg. HR 50-60%
- Small Lateral Jumps: 20 reps. HR 75-85%
- Large Lateral Jumps: 20 reps. HR 80-90%
- Small Front to Back Jumps: 20 reps. HR 80-90%
- Large Front to Back Jumps: 20 reps. HR 80-90%
- Mountain Climbers: 50 reps. HR 80-90%

LOWER BODY BAND EXERCISES

- Banded Ankle Lateral steps(3 one way, 3 the other way) 10 reps. each side. HR 55-65%
- Banded Ankle 45 degree step backs: 15 reps. each side (band around ankles). HR 55-65%
- Fire Hydrants: 15 reps on each leg. (band around knees). HR 55-65%
- Fire Hydrant Circles(forward and backward): 15reps on each leg each way. (band around knees). HR 55-65%
- Banded Ankle Jumping Jacks: 30 reps. HR 70-80%

RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Alternating Lunge to a calf raise(dumbbells optional): 15 reps. on each leg. HR 70-80%
- Single Leg Hops: 20 reps. each leg. HR 75-85%
- Banded Knees Squat In and Outs: 30 reps. (Stay Low) HR 60-70%
- Single Leg RDL(dumbbells optional): 15 reps per each side. HR: 60-70%
- Lateral Jump Squats: 10 reps. each side. HR 80-90%
- Front to Back Jump Squats: 10 reps. each side. HR 80-90%
- Plank: 1 set to failure. HR 55-65%
- Superman: 1 set to failure. HR 55-65%
- Mountain Climbers: 40 reps. (Right is one, Left is one). HR 75-85%
- Crunches: 20 reps. HR 70-80%
- Crunches with left leg extended: 20 reps. HR 60-70%
- Crunches with right leg extended: 20 reps. HR 60-70%
- Dynamic Burpees(fast as you can): 10 reps. HR 80-90%
- Dynamic Reverse Burpees(fast as you can): 10 reps. HR 80-90%

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