

## MRT LOWER BODY 3

Movements: Single-Leg, Lunge, Squat, Core  
Equipment Needed: Mini Band, Set of Dumbbells, 1" Resistance Band

### WARM UP

- Hamstring Band Stretch/Hip Opener: 10 rotations on each side. (hold across body for 10-20 seconds). HR 50-60%
- 90/90 stretch: 5 walks each side. HR 50-60%
- A skips and B skips: 20 reps. HR 60-70%
- Alt Rev. Lunges: 20 reps each side. HR 60-70%
- Butt Kicks: 20 reps each leg. HR 65-80%
- Side to Side Lunge Squat: 15 each side. HR 60-70%
- Jumping Jacks (as fast as you can go) HR 80-90%

### LOWER BODY BAND EXERCISES

- Single Leg Banded Ankle Lateral Circles: 10 circles forward and back on each side. HR 55-65%
- Single Leg Banded Ankle 45 degree kick backs: 15 reps. each side (band around ankles). HR 55-65%
- Clam Shells: 15 reps on each leg. (band around shins). HR 55-65%
- Fire Hydrant Circles(forward and backward): 15reps on each leg each way. (band around knees). HR 55-65%
- Banded Ankle Quick Feet(feet wide): 2 rounds of 20 seconds. HR 70-80%

### RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Dumbbell Overhead Squats: 15 reps. HR 60-70%
- Dumbbell Static Hold Squats: 1:00. HR 60-70%
- Dumbbell Static Hold Lunge: 1:00 on each leg. HR 60-70%
- Dumbbell Skater Jumps with a Single Leg Hop after each rep: 15 reps on each leg. (concentrate on balance and strength, go slow). HR 75-85%
- 1" Across Body Jump Squats: 15 reps each side. HR 80-90%
- Alternating Lunge to a calf raise(dumbbells optional): 15 reps. on each leg. HR 70-80%
- Single Leg RDL(dumbbells optional): 15 reps per each side. HR: 60-70%
- Dumbbell Overhead Squats: 15 reps. HR 60-70%
- Dumbbell Static Hold Squats: 1:00. HR 60-70%
- Dumbbell Static Hold Lunge: 1:00 on each leg. HR 60-70%
- Dumbbell Skater Jumps with a Single Leg Hop after each rep: 15 reps on each leg. (concentrate on balance and strength, go slow). HR 75-85%
- 1" Across Body Jump Squats: 15 reps each side. HR 80-90%
- Alternating Lunge to a calf raise(dumbbells optional): 15 reps. on each leg. HR 70-80%
- Single Leg RDL(dumbbells optional): 15 reps per each side. HR: 60-70%
- Mountain Climbers: 100 reps. HR 70-85%

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### 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