

MRT Upper Body 2

Movements: Push, Twist, Bend, Core
Equipment Needed: Mini Bands, 1" Band, Set of Dumbbells

WARM UP

- Jog down and back(or jog in place) :30 seconds. HR 65-75%.
- Side Shuffle: :30 seconds. HR 60-70%.
- Inch Worms: 10 reps. HR 70-80%.
- Big Skip's down and back(or skip in place): :30 seconds. HR 70-80%.
- Alternate Hand to Foot Kicks: 8 reps. on each leg. HR 70-80%.
- Mountain Climbers: 30 reps (15 each side). HR 70-80%.
- Arm Circles Forward: 10 reps. HR 55-65%.
- Arm Circles Backward: 10 reps. HR 55-65%.

MINI BAND EXERCISES

- Banded Single Wrist Out and In: 10 reps. on each side. HR 60-70%.
- Banded Single Wrist Up and Down: 10 reps. on each side. HR 60-70%.
- Banded Wrists Out and In: 10 reps. HR 60-70%.
- Banded Wrists Up and Down: 10 reps. HR 60-70%.
- Banded Wrists Break the Band: hold for 15 seconds.

RESISTANCE EXERCISES

- SUPERSET.
- Dumbbell Bent Over Lateral Raises: 10 reps. HR 60-70%.
- Dumbbell Biceps Curls(Alternate): 15 reps. on each arm. HR 65-75%.
- SUPERSET.
- Dumbbell Lateral Raises: 10 reps. HR 60-70%
- Neutral Grip 1" Banded Hammer Curls: 15 reps. HR 60-70%.
- SUPERSET
- Push Ups: 15 reps. HR 60-70%.
- Dumbbell Front Raises: 15 reps. HR 65-75%.
- SUPERSET.
- Plank Elbow Taps: 15 reps each elbow. HR 60-70%.
- Dumbbell Shoulder Press: 15 reps. HR 65-75%.
- Dumbbell Russian Twist with a Shoulder Press. (4 twists/2 presses) 10 rounds. HR 70-80%.
- Jumping Jacks (fast): 25 reps. HR 80-90%.
- Supine Isometric 90 degree quad presses. (Hold for 10 seconds, do 5 rounds)
- Burpees: 10 reps.
- Reverse Burpees: 10 reps.

STRETCHING

- Kneeling Hip Flexor Stretch on both sides: Hold :10 seconds.
- Kneeling Side Stretch on both sides: Hold :10 seconds.
- Shoulder Stretch on both arms: Hold :10 seconds.
- Tricep Stretch on both arms: Hold :10 seconds.

GREAT JOB