

MRT Upper Body 3

Movements: Push, Pull, Single Leg, Core
Equipment Needed: Set of Dumbbells, 1" Resistance Band

WARM UP

- Inch Worms: 10 reps. HR 60-70%
- Slow motion Burpees: 10 reps. HR 65-75%
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- 1" Band Windmills: 5 reps. each way. HR 50-60%.
- Light Dumbbell Punches(engage your core in an athletic stance): 50 punches, 25 each arm. HR 65-75%
- Light Dumbbell Speed Bag: 25 reps. each way. HR 60-70%.
- Light Dumbbell Punches(engage your core in an athletic stance): 50 punches, 25 each arm. HR 65-75%
- Slow motion Reverse Burpees: 10 reps. HR 70-80%
- Seal Jacks: 50 reps. HR 75-85%

RESISTANCE EXERCISES

- Seated dumbbell shoulder flys: 15 reps. HR 50-60%
- Seated Dumbbell Shoulder Transfer: 10 reps. each arm. HR 55-65%
- Plank Shoulder taps(elbows) to push up: 15 reps. HR 60-70%
- Renegade Dumbbell Rows: 15 reps. HR 60-70%
- 1/2 Full, 1/2 Full Push Ups: 10 reps.(all the way down, all the way up is 1 rep). HR 65-75%
- Single Leg Dumbbell Alternating Biceps Curls: 20 reps. each leg. HR 65-75%
- Single Leg Dumbbell Alternating Triceps Extensions: 20 reps. each leg. HR 65-75%
- Seated dumbbell shoulder flys: 15 reps. HR 50-60%
- Seated Dumbbell Shoulder Transfer: 10 reps. each arm. HR 55-65%
- Plank Shoulder taps(elbows) to push up: 15 reps. HR 60-70%
- Renegade Dumbbell Rows: 15 reps. HR 60-70%
- 1/2 Full, 1/2 Full Push Ups: 10 reps.(all the way down, all the way up is 1 rep). HR 65-75%
- Single Leg Dumbbell Alternating Biceps Curls: 20 reps. each leg. HR 65-75%
- Single Leg Dumbbell Alternating Triceps Extensions: 20 reps. each leg. HR 65-75%
- Slow motion Burpees(simply lie on your stomach, stand up, then lie back down): 10 reps. HR 70-80%
- Slow motion Reverse Burpees(simply lie on your back, stand up, then lie back down): 10 reps. 70-80%
- Dynamic Burpees(fast as you can): 10 reps. 80-90%
- Dynamic Reverse Burpees(fast as you can): 10 reps. 80-90%

- (OPTIONAL): One more round.
- Seated dumbbell shoulder flys: 15 reps. HR 50-60%
- Seated Dumbbell Shoulder Transfer: 10 reps. each arm. HR 55-65%
- Plank Shoulder taps(elbows) to push up: 15 reps. HR 60-70%
- Renegade Dumbbell Rows: 15 reps. HR 60-70%
- 1/2 Full, 1/2 Full Push Ups: 10 reps.(all the way down, all the way up is 1 rep). HR 65-75%
- Single Leg Dumbbell Alternating Biceps Curls: 20 reps. each leg. HR 65-75%
- Single Leg Dumbbell Alternating Triceps Extensions: 20 reps. each leg. HR 65-75%

STRETCHING

- Hamstring Stretch: 10-30 second hold.
- Glute knee hug: 10-30 second hold.
- Lower lumbar: 10-30 second hold.
- Shoulder Stretch: 10-30 second hold.
- Tricep Stretch: 10-30 second hold.
- Chest and neck Stretch: 10-30 second hold.

GREAT JOB