

## MRT Upper Body 5

Movements: Push, Pull, Arms, Core

Equipment Needed: Mini Band, Set of Dumbbells, 1" Resistance Band, Towel

### WARM UP

- Jog In place: 30 seconds. HR 60-70%
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- Burpees: 5 reps. HR 70-80%
- Plank to elbow taps: 15 reps. on each arm(control your hips) HR 60-70%
- Seal Jacks: 15 reps. HR 65-75%.
- Inch Worms: 10 reps. HR 65-75%
- Burpees: 5 reps. HR 70-80%
- Seal Jacks: 30 reps. HR 65-75%
- Side Shuffle Touch(3 shuffles then touch outside foot with opposite hand): 10 reps each way. HR 75-85%
- Bicycles: 20 reps. each side. HR 70-80%
- Reverse Burpees: 10 reps. HR 80-90%

### MINI BAND EXERCISES

- Banded Wrists Out and In on a Wall: 15 reps. HR 60-70%.
- Banded Wrists Right Arm up and out at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists Left Arm up and out at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists High Plank Walks: 2 reps each way for 10 rounds. HR 65-75%
- Banded Wrists Holds: Try to break your band for 10 seconds. Rest for 10 seconds. Break for 10. Rest for 10. Break last time for 10 seconds. HR 65-75%

### RESISTANCE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- Plank to FAILURE: Did you beat your original time? Check and see!
- Single Leg (Right Leg) Dumbbell Overhead Flys: 15 reps. HR 60-70%
- Dumbbell Shoulder Press: 15 reps. HR 65-75%
- Single Leg (Left Leg) Dumbbell Overhead Flys: 15 reps. HR 60-70%
- Dumbbell Shoulder Press: 15 reps. HR 65-75%
- Dumbbell Jump to Tricep extension holds. (Jump and extend and flex triceps as hard as you can for 5 seconds). 10 reps. HR 65-75%
- Push Ups: 15 reps. HR 65-75%
- Push Ups (fingers toward each other): 15 reps. HR 65-75%
- Push Ups (fingers away from each other): 15 reps. HR 65-75%
- ISO Shoulder Towel Holds(right hand on top, left hand on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%
- ISO Shoulder Towel Holds(left hand on top, right hand on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%

- ISO Lat Towel Holds(right hand on top, left foot on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%
- ISO Lat Towel Holds(left hand on top, right foot on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%
- ISO Tricep Towel Holds(right hand on top, left hand on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%
- ISO Tricep Towel Holds(left hand on top, right hand on bottom. Try to rip the towel for 5 seconds). 5 rounds HR 60-70%
- Burpees: 15 reps. HR 85-95%

### STRETCHING

- Side Extended Lumbar Stretch: 10 each side.
- 1" Band Shoulder Stretch: 10 reps. each way.
- 1" Band Windmills: 5 reps. each way.
- 1" Band attached to a wall Lat stretch: Hold for 15 seconds on each side.
- Big X with your body, hold for 10 seconds. Hug in right knee and hold for 10 seconds, back to big X, hold for 10!seconds. Hug in left knee and hold for 10 seconds, back to big X, hold for 10 seconds. Hug in both knees and hold for 10 seconds, back to big X, hold for 10 seconds.

GREAT JOB!