

MRT Full Body 10

Movements: Lunge/Push/Twist/Single Leg/Core
Equipment Needed: Mini-Band, 1" Band, dumbbells.

WARM UP

- Jog in Place: :30 65-75%
- Cross Body Steps(Opposite Elbow to Opposite Knee): 20 reps each side.
 - Walking Lunges: 15 on each leg. HR 60-70%
- Walking Opposite Arm/Opposite Leg, hamstring stretch: 15 on each leg. HR 60-70%
 - Mountain Climbers: 20 reps. HR 70-85%
 - Explosive Skips: 10 each side. HR 70-80%
 - Seal Jacks: 20 reps. HR 70-80%
 - Single Leg Hops: 20 each leg. HR 75-85%
 - Single Leg Lateral Hops: 15 on each leg. HR 70-80%
 - Burpees: 15 reps. HR 80-90%
- 1" Band Shoulder Stretch with Around The World: 10 rotations each way.

LOWER BODY MINI-BAND EXERCISES

- Banded Lateral Walks: 20 steps each side. HR 60-70%
- Banded Hip Bridges: 20 reps. HR 60-70%
- Banded Bicycles: 20 reps. each side. HR 60-70%

RESISTANCE/EXPLOSIVE EXERCISES

- Corrective Lunge (with broom stick): 10 PERFECTED LUNGES.
 - Push Ups: 1:00 as many as you can get.
- Push Up hold to failure (Chin 2 inches off the ground. Followed by 10 push ups.
 - Explosive Lunges with a bounce at the bottom of the rep: 20 reps. each leg.
HR 85-95%
 - Traveling Static Lunges: 20 reps. each leg. HR 80-90%
 - Single Leg Jump to an Opposite Toe Tap: 20 reps. HR 80-90%
- Side shuffle touch (3 to the right/3 to the left): 1:00. HR should reach 90-95%!
 - Static Lunge Hold with a calf raise: 1:00 each leg. HR 70-80%
- Side shuffle touch (3 to the right/3 to the left): 1:00. HR should reach 90-95%!
 - Push Ups: 1:00 as many as you can get. (Try to beat your previous score).
REST 1-2 minutes.
 - Do all exercises 4-5 sets for 12 reps per exercise.
- Kettlebell Or Dumbbell walking lunges: 12 reps on each leg. HR 75-85%.
 - Dumbbell Shoulder Press: 12 reps. HR 75-85%

METABOLIC CONDITIONING

Heart Rate (80-90%)

-Rep count. (20/20/15/10). Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 15 reps. Rest 1:00. Do all exercises 10 reps. Understand?

- A) Bicycle crunches (fast).
- B) Jumping Lunges.
- C) Dumbbell Overhead Punches.
- D) Single Leg Hops.
- E) Reverse light dumbbell flys.
- F) Ab crunches.

CARDIO

30 minutes of steady state cardio. HR 70-75%

STRETCHING

- Standing Quad Stretch (R/L)
- Wide Stance Hamstring Stretch
- Right and Left Groin Stretch
- Squatted Butterfly Stretch
- Arm Across the Body (R/L)
- Open Chest Stretch with Neck Roll
- Big Bow

GREAT JOB