

MRT Full Body 6

Movements: Lunge/Twist/Push/Core
Equipment Needed: 1" Resistant Band, Set of Dumbbells or Kettlebell.

WARM UP

- A Skips: 20 reps. on each side. HR 70-80%
- B Skips: 20 reps each side. HR 70-80%
- Mountain Climbers: 50 reps. HR 70-80%
- Inch worms to a push up: 10 reps. HR 70-80%
- Seal Jacks: 30 reps. HR 75-85%
- Skater Jumps to High Knees SUPERSET: 3 sets of 10 reps of each exercise. HR 80-90%
- Skater Jumps to Booty Kicks SUPERSET: 3 sets of 10 reps of each exercise. HR 80-90%

RESISTANCE/EXPLOSIVE EXERCISES

- Lunge Complex FORWARD: 10 hops to the right, 10 hops to the middle, 10 hops to the left, 10 hops to the middle. On each leg. HR 75-85%
- Bicycles: 60 reps. HR 70-80%
- Burpees with a push up: 10 reps. HR 80-90%
- Lunge Complex BACKWARD: 10 hops to the right, 10 hops to the middle, 10 hops to the left, 10 hops to the middle. HR 75-85%
- Bicycles: 60 reps. HR 70-80%
- Burpees with a push up: 10 reps. HR 75-85%
- REST 1-2 minutes.
- Do all exercises 4-5 sets for 10 reps per exercise.
- KB Swings: 10 reps. HR 75-85%
- 1" Band hold ISO Lunge with opposite arm dumbbell shoulder press: 10 reps on each side. HR 75-85%

METABOLIC CONDITIONING

- Rep count. (20/15/10/10). Do all exercises 20 reps. Rest 1:00. Do all exercises 15 reps. Rest 1:00. Do all exercises 10 reps. Rest 1:00. Do all exercises 10 reps. Understand?
- Push Up to Wall Touch: 20 reps. HR 70-80%
- Heisman Shuffle: 20 reps. HR 75-85%
- Dumbbell Jack Press: 20 reps. HR 80-90%
- Bear Crawl Forward then BackWard: 20 reps. HR 80-90%
- Calf Raises both legs together: 20 reps. HR 70-80%
- Ab Scissors: 20 reps. HR 70-80%
- Push Up to Wall Touch: 15 reps. HR 70-80%
- Heisman Shuffle: 15 reps. HR 75-85%
- Dumbbell Jack Press: 15 reps. HR 80-90%
- Bear Crawl Forward then BackWard: 15 reps. HR 80-90%
- Calf Raises both legs together: 15 reps. HR 70-80%

- Ab Scissors: 15 reps. HR 70-80%
- Push Up to Wall Touch: 10 reps. HR 70-80%
- Heisman Shuffle: 10 reps. HR 75-85%
- Dumbbell Jack Press: 10 reps. HR 80-90%
- Bear Crawl Forward then BackWard: 10 reps. HR 80-90%
- Calf Raises both legs together: 10 reps. HR 70-80%
- Ab Scissors: 10 reps. HR 70-80%
- Push Up to Wall Touch: 10 reps. HR 70-80%
- Heisman Shuffle: 10 reps. HR 75-85%
- Dumbbell Jack Press: 10 reps. HR 80-90%
- Bear Crawl Forward then BackWard: 10 reps. HR 80-90%
- Calf Raises both legs together: 10 reps. HR 70-80%
- Ab Scissors: 10 reps. HR 70-80%

STRETCHING

- Standing Quad Stretch (R/L): 10 second hold.
- Wide Stance Hamstring Stretch: 10 second hold.
- Right and Left Groin Stretch: 10 second hold each side.
- Squatted Butterfly Stretch: 10 second hold.
- Arm Across the Body (R/L): 10 second hold each side.
- Open Chest Stretch with Neck Roll: 10 second hold.
- Big Bow: 2 second hold.

GREAT JOB