

MRT Full Body 7

Movements: Squat/Single Leg/Bend/Pull/Core

Equipment Needed: Mini-Band, 1" Resistant Band, Set of Dumbbells or Kettlebell.

WARM UP

- Jog in place: :30 HR 65-75%
- Forward Folds: 15 reps. HR 65-75%
- Seal Jacks: 30 reps. HR 65-75%
- Squatted Butterfly Stretch: 10 reps. HR 65-75%
- Mountain Climbers: 50 reps. HR 70-80%
- Squat Resisted Knees Side to Side: 20 reps. each side. HR 65-75%
- Squat Resisted Knee circles: clockwise 20 reps. counterclockwise 20 reps. (Push hard on your knees!) HR 65-75%
- Seal Jacks: 30 reps. HR 70-80%
- Lateral Hops: 30 reps. HR 70-80%
- Front to Back hops: 30 reps. HR 70-80%
- Square hops: 15 reps. each direction. HR 70-80%
- Squat corrective exercise. Work on getting 10 perfect

RESISTANCE/EXPLOSIVE EXERCISES

- CORRECTIVE Squat: 10 reps. HR 60-70%
- Banded Wrist-Kneel to Stand Squats: 10 reps. on the right. HR 60-70%
- Banded ankle jumping jacks: :30 seconds. HR 70-80%
- Banded ankles quick feet: :30 seconds. HR 75-85%
- Banded Wrist-Kneel to Stand Squats: 10 reps. on the left. HR 60-70%
- Banded ankle jumping jacks: 50 reps. HR 70-80%
- Banded ankles quick feet: :30 seconds. HR 75-85%
- REST 1-2 minutes.
- Do all exercises 4-5 sets for 10 reps per exercise.
- KB Or Dumbbell RDL Rows: 10 reps. on each side. (opposite arm/opposite leg) HR 60-75%
- 1" Band, KB Or Dumbbell Single Leg bent over a side to side swings: 10 reps. on each leg. HR 60-70%

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?
- A) Dumbbell Punches (Fast). HR 70-80%
- B) Dumbbell Lateral Raise Jumping Jacks. HR 70-85%
- C) Dumbbell Jack Press. HR 75-85%
- D) Dumbbell Speed Bag Forward and Backward. HR 70-80%
- E) Jump Squats. HR 75-85%
- F) X Ab crunch. HR 65-75%

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