

MRT Full Body 8

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

WARM UP

- Jumping Jacks: 50 reps. HR 70-80%
- Lunge/Squat/Lunge: right to left, to a Squat. 10 reps. HR 70-85%
- Opposite Arm/Opposite Leg, hamstring stretch: 15 on each leg. HR 65-75%
- Lunge to Toe taps: 10 on each leg. HR 65-75%
- Lateral Jumps: 30 total reps. HR 75-85%
- Front to Back Jumps: 30 total reps. HR 75-85%
- Square Hops Clockwise: 10 reps. HR 75-85%
- Square Hops Counterclockwise: 15 reps. HR 75-85%
- Inch Worms with a Push up: 10 reps. HR 70-80%
- Seal Jacks: 50 reps. HR 75-85%

RESISTANCE/EXPLOSIVE EXERCISES

- Banded Quadriceps Lunge Step backs: 20 reps on each leg. HR 70-80%
- Mountain Climbers: 60 reps. HR 80-90%
- Reverse Burpees: 10 reps. HR 80-90%
- Lunge Complex Forward: 10 hops to the right, 10 hops to the left. HR 80-90%
- Bicycles: 60 reps. HR 75-85%
- Reverse Burpees: 10 reps. HR 80-90%
- REST 1-2 minutes.
- Do all exercises 4-5 sets for 10 reps per exercise.
- Kettlebell Goblet Squats: 10 reps. HR 75-85%
- Tabletop Push Ups (normal, hand clap, or hand and feet clap) 10 reps. 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?
- A) Push Ups (fast). HR 80-90%
- B) Jumping Lunges. HR 80-90%
- C) High Knees on each Leg. HR 80-90%
- D) Kettlebell/Dumbbell Shoulder Press. HR 80-90%
- E) Ab Flutters. HR 75-85%
- F) Ab Scissors. HR 75-85%

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