

MRT Full Body 9

Movements: Squat/Pull/Bend/Core
Equipment Needed: Mini Band, Set of Dumbbells or Kettlebell.

WARM UP

- Knee Hugs: 10 reps. each leg Heart Rate (HR) 50-65%
- Bicycle crunches: 50 reps. HR 60-70%
- Opposite Arm/Opposite Leg, hamstring stretch: 15 on each leg. HR 60-70%
- Squat with a double jump: 20 reps. HR 70-85%
- Dumbbell arm circles: 10 forward, 10 backward on each arm. HR 60-70%
- Dumbbell punches: 30 each arm. HR 70-80%
- Dumbbell jack presses: 30 reps. HR 75-85%
- Dumbbell speed bag: 15 reps forward, 15 reps backward. HR 70-80%
- Burpees: 15 reps. HR 80-90%
- Reverse Burpees: 15 reps. HR 80-90%
- Side shuffle touch (3 to the right/3 to the left): 1:00. HR should reach 90-95%!

RESISTANCE/EXPLOSIVE EXERCISES

- Corrective Squat (with broom stick): 10 PERFECTED SQUATS.
- Explosive Squats with a bounce at the bottom of the rep: 20 reps. HR 85-95%
- Reverse Burpees: 10 reps.
- Banded Knees Squat Jumps (In and Out at the bottom): 20 reps. HR 75-85%
- Banded Knees Side Plank top leg up and down: 25 reps each side. HR 75-85%
- Side shuffle touch (3 to the right/3 to the left): 1:00. HR should reach 90-95%!
REST 1-2 minutes.
- Do all exercises 4-5 sets for 10 reps per exercise.
- Kettlebell Goblet Split Squats: 10 reps on each leg. HR 75-85%.
- One Arm/One RDL with a Row: 10 reps on each leg/arm. 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) Lateral Jump Squats.
- C) High Knees on each Leg.
- D) Front to Back Jump Squats.
- E) Reverse light dumbbell flys.
- F) Ab crunches.

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