

MRT Lower Body 10

Movements: Squat/Single Leg/Bend/Core
Equipment Needed: Mini-Band, Set of Dumbbells or Kettlebell, Chair or Step.

WARM UP

- Jog in place: :30 HR 70-80%
- Inch worms: 15 reps. HR 70-80%
- Seal Jacks: 30 reps. HR 70-80%
- Squatted Butterfly Stretch: 10 reps. HR 60-70%
- Mountain Climbers: 50 reps. HR 70-80%
- Squat Resisted Knees Side to Side: 20 reps. each side HR 70-80%
- Squat Resisted Knee circles: clockwise 20 reps. counterclockwise 20 reps. (Push hard on your knees!) HR 70-80%
- 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%

RESISTANCE/EXPLOSIVE EXERCISES

- Dumbbell Split Squat (right leg forward): as many as you can get in 1:00. HR 75-85%
- Banded Wrist(thumbs to the ceiling)-Kneel to Stand Squats with a Jump: 10 reps. on the right, 10 reps. on the left. HR 70-80%
- Banded ankle jumping jacks: 50 reps. HR 70-80%
- Dumbbell Split Squat (left foot forward) as many as you can get in 1:00. HR 75-85%
- Banded Wrist-Kneel to Stand Squats with a Jump: 10 reps. on the right, 10 reps. on the left. HR 70-80%
- Banded ankle jumping jacks: 50 reps. HR 70-80%
- Banded Knees Dumbbell Squats: as many as you can get in 1:00. HR 75-85%
- REST 1-2 minutes.
- Do all exercises 4-5 sets for 10 reps per exercise.
- KB Swings: 10 reps. HR 70-80%
- Dumbbell Lateral Box Step Ups: 10 reps. on each leg. HR 70-80%.

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? HR should be 80-90%
- A) Single Leg Hops.
- B) Right Leg Jump Lunge.
- C) High Plank with Shoulder Taps(each side).
- D) Left Leg Jump Lunge.
- E) Jump Squats.
- F) X Ab crunch.

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