

MRT Lower Body 12

Wednesday, July 10th

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

Equipment Needed: Mini-Band, 1" Resistance Band, Set of Dumbbells or Kettlebell, Chair or Step.

WARM UP

- Jog in place: :45 HR 70-80%
- Alternating Opposite Hand to Opposite Foot Stretch: 10 reps. each side. HR 60-70%
- Mountain Climbers: 50 reps. HR 70-80%
- 1 Squat to 6 high knees: 10 reps. HR 70-80%
- 1 Squat to 6 booty kicks: 10 reps. HR 70-80%
- High Plank Right to Right/Left to Left Stretch(opposite hip up and down). 15 reps each side. HR 60-70%
- 90/90 stretch(walk to the left and to the right): 5 reps. each way on both sides. HR 50-60%
- Supine 1" Banded Foot Dynamic Hamstring Stretch: 10 reps. HR 50-60%
- Supine 1" Banded Foot Up/Out/Down and Around Hamstring/Hip Opener Stretch: 10 reps. each leg. HR 50-60%
- Lateral Hops: 30 reps. HR 70-80%
- Front to Back hops: 30 reps. HR 70-80%
- Square Hops: 10 squares each way. HR 75-85%

RESISTANCE/EXPLOSIVE EXERCISES

- BODY SQUAT CHALLENGE: 1:00 as many squats as you can get. Let us know how many you did on our Private Facebook page.
- Single Leg Runner Step Ups. (One foot on a step or a box. Stay low, stay fast!) 1:00 on each leg. HR 75-85%
- Banded Knees Out and Ins: as many as you can get in 1:00. HR 65-75%
- Single Leg Runner Step Ups. (One foot on a step or a box. Stay low, stay fast!) 1:00 on each leg HR 75-85%
- Single Leg Box Squat: 15 reps. on each leg. HR 75-85%
- Single Leg Hops to Calf Raise (:15 hops, :15 calf raise, :15 hops, :15 calf raise, then switch legs) 1 round each leg. HR 75-85%
- Single Leg Box Squat: 1:00 on each leg. HR 80-90%
- Single Leg Lunge Hold: until failure on both legs. HR 70-80%
- OPTIONAL: We will be nice, but if you are feeling good, one more time! Single Leg Runner Step Ups. (One foot on a step or a box. Stay low, stay fast!) Try to get 1:00 on each leg HR 75-85%

REST 1-2 minutes.

- Do all exercises 4-5 sets for 10 reps per exercise.
- KB Or Dumbbell Single Leg RDL on a box or step: 10 reps. HR 70-80%
- Single Leg Hip Bridge on a box with a 5 second hold at the top: 10 reps. 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) Weighted Russian Twists.
- D) Left Leg Jump Lunge.
- E) High Knees.
- F) Booty Kicks.

STRETCHING

- Standing Quad Stretch (R/L)
- 90/90 stretch(walk to the left and to the right): 5 reps. each way on both sides.
- Supine 1" Banded Foot Dynamic Hamstring Stretch: 10 reps.
- Supine 1" Banded Foot Up/Out/Down and Around Hamstring/Hip Opener Stretch: 10 reps. each leg.

GREAT JOB