

MRT LOWER BODY 4

Movements: Bend, Twist, Single Leg, Squat, Lunge, Core

Equipment Needed: Mini Band, Set of Dumbbells, Small Hand Towel, Resistant Band

WARM UP

- 90/90 Stretch: Walk hands side to side 5 times each side, each leg. HR 50-60%
- Small Lateral Jumps: 20 reps. HR 75-85%
- Large Lateral Jumps: 20 reps. HR 80-90%
- Small Front to Back Jumps: 20 reps. HR 80-90%
- Large Front to Back Jumps: 20 reps. HR 80-90%
- Mountain Climbers: 50 reps. HR 80-90%
- Jumping Jacks: 30 reps. HR 60-70%
- Kneeling Side Stretch. HR 50-60%
- Side Shuffle Touch: 5-10 each side. HR 70-80%
- Jumping Jacks: 50 reps. HR 80-90%

LOWER BODY BAND EXERCISES

- Banded Hip Bridge: 15 reps. (band around knees). HR 55-65%
- Banded Hip Bridge with Knees In and Out: 15 reps. (band around knees). HR 55-65%
- Clam Shells: 15 reps on each leg. (band around knees). HR 55-65%
- Single Leg Banded Side Kicks: 15 reps on each leg. (band around knees). HR 55-65%
- Single Leg Banded Side Raises. (bands around knees or ankles to make it harder). HR 55-65%

RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Alternating Lunge (dumbbells optional): 15 reps. on each leg. HR 70-80%
- Single Leg Hops: 20 reps. each leg. HR 75-85%
- Alternating Lunge Jumps: 10 reps. each leg. HR 80-90%
- Banded Knees Squat In and Outs with a small Jump(1 in and out/1 Jump) 30 reps.
(Stay Low) HR 60-70%
- Single Leg RDL(dumbbells optional): 15 reps per each side. HR: 60-70%
- Lateral Jump Squats: 10 reps. each side. HR 80-90%
- Squats with a double jump: 15 reps. HR 75-85%
- Banded Knees Squat In and Outs: 40 reps. (Stay Low) HR 60-70%
- Single Leg RDL to a Hop: 15 reps per each side. HR 75-85%
- Squat Bend Twist Press: (Both Weights to Opposite side of the Body With a Press at the Top). 15 reps each side. HR 70-80%
- Towel Plank ABCs: 1 set each hand. HR 55-65%
- Mountain Climbers: 40 reps. (Right is one, Left is one). HR 75-85%
- Crunches: 50 reps. HR 75-85%
- Towel Plank ABCs: 1 set each hand. 55-65%
- Mountain Climbers to a Burpee(10 mountain climbers to 1 Burpee 10 rounds. HR 75-85%

STRETCHING

- Hamstring Stretch: 10-30 second hold.
- Glute knee hug: 10-30 second hold.
- Lower lumbar: 10-30 second hold.
- 90/90 Stretch: Walk hands side to side times each way, each side.
- Bretzel Stretch: Hold 30 seconds each side.

GREAT JOB