

MRT LOWER BODY 6

Movements: Single Leg, Squat, Lunge, Core
Equipment Needed: Mini Band, Set of Dumbbells

WARM UP

- 90/90 Stretch: Walk hands side to side 5 times each side, each leg. HR 50-60%
- Squat with a double jump: 10 reps. HR 80-90%
- Opposite Arm to Opposite Leg Hamstring Stretch: 10 reps. each side. HR 60-70%
- Small Lateral Jumps: 20 reps. HR 70-80%
- Large Lateral Jumps: 10 reps. HR 70-80%
- Jumping Jacks: 30 reps. HR 70-80%
- Small Front to Back Jumps: 20 reps. HR 80-90%
- Large Front Jumps to a step back: 10 reps. HR 70-80%
- Mountain Climbers: 40 reps. HR 80-90%
- In a plank Right to Right, Left to Left stretch: 10 reps. on each side. HR 60-70%
- Mountain Climbers: 40 reps. HR 80-90%
- In a plank Right to Right, Left to Left stretch HOLD as hip goes up and down: 10 reps. on each side. HR 60-70%
- Mountains Climbers: 40 reps. HR 80-90%
- Kneeling Side Stretch. HR 50-60%
- Single Leg Burpees: 5 reps. on each side. HR 75-85%

LOWER BODY BAND EXERCISES

- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left. 10 rounds. HR 70-80%
- Single Leg Double Banded Kick Backs: 15reps on each leg. (bands around ankles). HR 55-65%
- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left. 10 rounds. HR 70-80%
- Banded Ankles Hands Overhead Quick Feet: 20 seconds. HR 70-80%
- Banded Shins: 1 round =Jump forward, jump to the right, jump forward, jump to the left. 10 rounds. HR 70-80%
- Single Leg Double Banded Kick Backs: 15reps on each leg. (bands around ankles). HR 55-65%

RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Squats (1/2 way down hold for :05 seconds, all the way down hold :05 seconds, 1/2 way up hold for :05 seconds, all the way up, then straight back down to 1/2 way): 15 reps. HR 65-75%
- Alternating Lunge Jumps: 10 reps. each leg. HR 80-90%

- Single Leg Lunge Jump: 15 reps. each leg. HR 75-85%
- Side Lunge to Front Lunge: 15 reps. on each leg. HR 75-85%
- Double Leg Condensed Plank: :30 second hold. HR 60-70%
 - Single Leg Condensed Plank(right leg)
 - :30 second hold. HR 60-70%
 - Double Leg Condensed Plank: :30 second hold. HR 60-70%
 - Single Leg Condensed Plank(left leg)
 - :30 second hold. HR 60-70%
- Single Leg RDL to a Jump (down on a 5 count, explode up to the same leg jump) 15 reps. each leg. HR 70-80%
- Single Leg Tie and Untie one shoe: 10 times on each shoe. HR 60-70%
- Single Leg Squat (Lower down on a 10 count up on a 1 count): 10 reps. HR 70-80%
 - Jump Squats: 20 reps. HR 85-95%
 - Squats: as many as you can get in 1:00. HR 80-90%
 - Jump Squats: 20 reps. HR 85-95%

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