

MRT Lower Body 7

Movements: Single Leg, Squat, Lunge

Equipment Needed: Mini Band, Set of Dumbbells, Yoga Block or Book

WARM UP

- Jog in Place: :30 seconds. HR 65-75%
- 90/90 Stretch: Walk hands side to side 5 times each side, each leg. HR 50-60%
- Opposite Arm to Opposite Leg Hamstring Stretch: 10 reps. each side. HR 60-70%
 - Squat with a double jump: 10 reps. HR 80-90%
 - Single Leg Lateral Hops: 30 hops on each leg. HR 60-70%
 - A Skips: 20 reps. on each side. HR 70-80%
 - B Skips: 20 reps each side. HR 70-80%
 - Skater Jumps: 10 Jumps to each side. HR 80-90%
 - 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%

LOWER BODY BAND EXERCISES

- Banded Ankle Lateral steps(3 one way, 3 the other way) 10 reps. each side. HR 55-65%
- Single Leg Banded Ankle 45 degree kick backs: 15 reps. each side (band around ankles standing only on one leg). HR 55-65%
- Single Leg Banded Ankle Circles: 15 Circles One Direction /15 Circles the other direction for each leg. HR 55-65%
 - Fire Hydrants: 15 reps on each leg. (band around knees). HR 55-65%
- Fire Hydrant Circles(forward and backward): 15reps on each leg each way. (band around knees). HR 55-65%
- Banded Ankles Hands Overhead Quick Feet: 30 seconds. HR 70-80%

RESISTANCE EXERCISES

- CORRECTIVE SQUATS: 10 reps. HR 60-70%
- CORRECTIVE LUNGES: 10 reps. on each leg. HR 60-70%
- Squats with a bounce SEQUENCE. (Do 1 Squat with 1 bounce at the bottom, Do 1 Squat with 2 bounces at the bottom. Always do one Squat then 3,4,5,6,7,8,9,10,10,9,8,7,6,5,4,3,2,1 bounces. Up the ladder down the ladder. HR 65-75%
 - Left Leg Lunge with a bounce SEQUENCE. (Do 1 Left Leg Lunge with 1 bounce at the bottom, Do 1 Left Leg Lunge with 2 bounces at the bottom. Always do one Left Leg Lunge then 3,4,5,6,7,8,9,10,10,9,8,7,6,5,4,3,2,1 bounces. Up the ladder down the ladder. HR 70-80%
 - Right Leg Lunge with a bounce SEQUENCE. (Do 1 Right Leg Lunge with 1 bounce at the bottom, Do 1 Right Leg Lunge with 2 bounces at the bottom. Always do one Right Leg Lunge then 3,4,5,6,7,8,9,10,10,9,8,7,6,5,4,3,2,1 bounces. Up the ladder down the ladder. HR 70-80%
- Double Leg Condensed Plank to a Squat: :10 hold to 1 squat. 10 rounds HR 80-90%
- Single Leg Condensed Plank(right leg) to a single leg stand up: :10 hold to 1 single leg (Right Leg Squat). 10 rounds. HR 80-90%

- Single Leg Condensed Plank(left leg) to a single leg stand up: :10 hold to 1 single leg (Left Leg Squat). 10 rounds. HR 80-90%
- Single Leg RDL on a yoga block or a book to a dumbbell shoulder press. 15 reps. on each leg. HR 60-70%

STRETCHING

- Hamstring Stretch: 10-30 second hold.
- Glute knee hug: 10-30 second hold.
- Quad Stretch: 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