

MRT Lower Body 8

Movements: Single Leg, Squat, Lunge

Equipment Needed: Mini Band, Set of Dumbbells, Foam Roller/Broom Stick

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%
- Body Squats as fast as you can: 50 reps. HR 75-85%

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%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with back leg, dumbbells optional.) 20 rounds. HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with back leg, dumbbells optional.) 20 rounds HR 70-80%
- Single Leg Squat (Lower down on a 10 count up on a 1 count): 10 reps. HR 70-80%
- Squats: as many as you can get in 1:00. HR 80-90%

- Rest for 1:00 HR 50-60%
- Squats: as many as you can get in 1:00. HR 80-90%
- Single Leg Squat (Lower down on a 10 count up on a 1 count): 10 reps. HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with back leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with back leg, dumbbells optional.) 20 rounds. HR 70-80%
- Lunge ISO Complex(hold lunge on left leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%
- Lunge ISO Complex(hold lunge on right leg-jump right to left with front leg, dumbbells optional.) 20 rounds HR 70-80%

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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