

MRT Upper Body 11

Movements: Push, Pull, Arms, Core

Equipment Needed: Mini Bands, Set of Dumbbells, 1" Resistance Band, Broomstick

WARM UP

- Jog In place: 30 seconds. HR 60-70%
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- Burpees: 5 reps. HR 70-80%
- Plank to elbow taps: 15 reps. on each arm(control your hips) HR 60-70%
- Seal Jacks: 20 reps. HR 70-80%.
- Inch Worm to a push up: 10 reps. HR 65-75%
- Burpees: 5 reps. HR 70-80%
- Seal Jacks: 30 reps. HR 65-75%
- Broomstick Standing, Hands wider than shoulder width, stick (out front) push in with both hands for 5 seconds, pull out with both hands for 5 seconds: 10 reps. HR 60-70%
- Bicycles: 40 reps. each side. HR 70-80%
- Broomstick Standing, Hands wider than shoulder width, stick (overhead) push in with both hands for 5 seconds, pull out with both hands for 5 seconds: 10 reps. HR 60-70%

RESISTANCE/EXPLOSIVE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- Supine Broomstick Bench Press Push In/Pull outs. (Push in On way up, pull out on way down) 10 reps.
- Supine Dumbbell Snow Angels. (arms, legs, shoulder blades off the floor. Control the movement-1 rep should take roughly 5 seconds). 10 reps. HR 70-80%
- Prone Dumbbell Snow Angels. (arms, legs,off the floor. Control the movement-1 rep should take roughly 5 seconds). 10 reps. HR 70-80%
- Dumbbell Shoulder Press 30's(dumbbells 1/2 rep for 10, next 1/2 rep of the movement for 10, and then 10 full reps) HR 65-75%
- Supine broomstick press sit-ups. (Lie down parallel to the wall. Press broomstick into the wall, while doing a sit up. Arms long: 15 reps. on both sides. HR 60-70%
- Body weighted Turkish get up. 10 reps. each side. HR 80-90%
- Dumbbell Triceps kickbacks: 15 reps. HR 70-80%
- Dumbbell Biceps Curls: 15 reps. HR 70-80%
- Plank to FAILURE. Challenge you to get over 3 minutes! HR 75-85%

REST 1-2 minutes.

- Do all exercises 4-5 sets for 10 reps per exercise.
- Dumbbell One Arm Row: 10 reps. HR 75-85%.
- Dumbbell Bent Over Lateral Raises: 10 reps HR 75-85%

METABOLIC CONDITIONING

Heart Rate (80-90%)

-Rep count. (20/20/15/10). Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 15 reps. Rest 1:00. Do all exercises 10 reps. Understand?

- A) Bicycle crunches (fast).
- B) Dumbbell Punches.
- C) Dumbbell Jack Presses.
- D) Dumbbell Seal Jacks (arms only).
- E) Dumbbell Hammer Curls.
- F) Dumbbell Overhead Punches.

STRETCHING

- Side Extended Lumbar Stretch: 10 each side.
- 1" Band Shoulder Stretch: 10 reps. each way.
- 1" Band Windmills: 5 reps. each way.
- 1" Band attached to a wall Lat stretch: Hold for 15 seconds on each side.
- Big X with your body, hold for 10 seconds. Hug in right knee and hold for 10 seconds, back to big X, hold for 10!seconds. Hug in left knee and hold for 10 seconds, back to big X, hold for 10 seconds. Hug in both knees and hold for 10 seconds, back to big X, hold for 10 seconds.

GREAT JOB!