

MRT Upper Body 4

Movements: Push, Pull, Arms

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

WARM UP

- Side Extended Lumbar Stretch: 10 each side.
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- 1" Band Windmills: 5 reps. each way. HR 50-60%.
- Light Dumbbell Full Arm Circles: 10 forward/10 backward each arm. HR 55-65%
- Seal Jacks (Arms Only, Swing Hard): 15 reps. HR 55-65%.
- Inch Worms with a Push Up: 10 reps. HR 65-75%
- Seal Jacks: 30 reps. HR 65-75%
- Side Shuffle Touch(3 shuffles then touch outside foot with opposite hand): 10 reps each way. HR 75-85%
- Bicycles: 20 reps. each side. HR 70-80%

MINI BAND EXERCISES

- Banded Wrists Out and In on a Wall: 15 reps. HR 60-70%.
- Banded Wrists Right Arm up and out at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists Left Arm up and out at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists Right Arm up and down at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists Left Arm up and down at a 45 degree angle: 15reps. HR 60-70%.
- Banded Wrists Out and In on a Wall: 15 reps. HR 60-70%.

RESISTANCE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- Push Ups (as fast as you can go): 10 reps. HR 60-70%
- Dumbbell Shoulder Press: 15 reps. HR 65-75%
- Push Ups with a 5 second hold at the top after each rep: 15 reps. HR 65-75%
- Dumbbell Lateral Raises: 15 reps. HR 65-75%
- Push Ups with a 5 second hold at the bottom after each rep. (2 inches from the ground): 10 reps. HR 70-80%
- Dumbbell Front Raises: 15 reps. HR 70-80%
- Push Ups: As many reps as you can get in 30 seconds.
- Walking ISO Dumbbell Shoulder Press(with elbows at 90 degrees, walk 10 steps, then do 5 presses, walk 10 more steps, then do 5 more presses). 4 ROUNDS. HR 70-80%
- Walking ISO Dumbbell Tricep Extension(with elbows at 90 degrees, walk 10 steps, then do 5 extensions, walk 10 more steps, then do 5 more extensions). 4 ROUNDS. HR 70-80%
- Prone Superman Arm Swings(start at the top and take hands to your hips): 10 reps. HR 60-70%

- Prone Superman Dumbbell Arm Swings(start at the top and take dumbbells to your hips): 10 reps. HR 60-70%
- Dumbbell Bent Over Rows: As many reps. as you can get in 1 minute.
- Walking ISO Dumbbell Bicep Curls(with elbows at 90 degrees, walk 10 steps, then do 5 curls, walk 10 more steps, then do 5 more curls). 4 ROUNDS. HR 70-80%
- Dumbbell Bent Over Rows: As many reps. as you can get in 1 minute.
- Skater Jumps: 40 reps. (fast). HR 80-90%

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.

REALLY GREAT JOB! That was a tough one!