

MRT Upper Body 6

Movements: Push, Pull, Arms, Twist

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

WARM UP

- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- 1" Band Windmills Overhead Spinal Stretch(hands overheads, right hand to right foot around to left foot then back to vertical): 10 rounds. HR 50-60%
 - Jog in place: 30 seconds HR 60-70%
- 1" Band Windmills Overhead Spinal Stretch(hands overheads, left hand to left foot around to right foot then back to vertical): 10 rounds. HR 50-60%
 - Big Skips(down and back): 10 skips on each side. HR 60-70%
 - Inch worm to a push up: 10 reps. HR 55-65%
 - Side Shuffle(down and back): :30 seconds. HR 65-75%
 - Seal Jacks(arms only): 15 reps. HR 60-70%.
 - Bicycles: 30 reps. HR 60-70%
 - Seal Jacks: 30 reps. HR 65-75%
- Light Dumbbell Full Arm Circles: 10 forward/10 backward each arm. HR 55-65%

MINI BAND EXERCISES

- Banded Wrists Out and In: 15 reps. HR 60-70%.
- Banded Wrists Up and Down: 15reps. on each arm HR 60-70%.
- Banded Wrists Left Arm Up and Down(lock out right arm): 15reps. HR 60-70%.
- Banded Wrists Right Arm Up and Down(lock out left arm): 15 reps. HR 60-70%
- Banded Wrists Left Arm Out and In(lock out right arm): 15reps. HR 60-70%.
- Banded Wrists Right Arm Out and In(lock out left arm): 15 reps. HR 60-70%

RESISTANCE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- Push Ups(start in high plank, go 1/2 way down, all the way down, 1/2 way up, all the way up): 10 reps. HR 70-80%
- Single Leg (Right Leg) Dumbbell Lateral Raise On Left Arm: 15 reps. HR 60-70%
- Push Ups(start in high plank, go 1/2 way down, all the way down, 1/2 way up, all the way up): 10 reps. HR 70-80%
- Single Leg (Left Leg) Dumbbell Lateral Raise On Right Arm: 15 reps. HR 60-70%
 - Dumbbell Shoulder Press: 15 reps. HR 65-75%
 - Superman Dumbbell Flys: 10 reps. HR 60-70%
- Single Leg (Right Leg) Dumbbell Bent Over Fly On Left Arm: 15 reps. HR 60-70%
- Single Leg (Left Leg) Dumbbell Bent Over Fly On Right Arm: 15 reps. HR 60-70%
 - Triceps Dumbbell Kick Backs: 15 reps. HR 60-70%
- 1" Band Single Leg (Right Leg) One Arm Row (Left Arm): 15 reps. HR 60-70%
- 1" Band Single Leg (Left Leg) One Arm Row (Right Arm): 15 reps. HR 60-70%

- 1" Band Single Leg (Right Leg) One Arm Row (Left Arm) with a Right Arm Dumbbell Shoulder Press(pull and press at the same time: 15 reps. HR 60-70%
- 1" Band Single Leg (Left Leg) One Arm Row (Right Arm) with a Left Arm Dumbbell Shoulder Press(pull and press at the same time: 15 reps. HR 60-70%
 - 1" Band 6" rotations: 15 reps. each side. HR 60-70%
- 1" Band 6" rotations while standing on inside leg: 15 reps. each side. HR 60-70%
- 1" Band 6" rotations while standing on outside leg: reps. each side. HR 60-70%

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!