

## MRT Upper Body 7

Movements: Push, Pull, Arms, Core

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

### WARM UP

- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- Jog in place: 30 seconds HR 60-70%
- Inchworm to elbow taps(3 taps on each elbow at the bottom). 10 reps. HR 65-75%
- Seal Jacks(arms only). 15 reps. HR 55-65%
- Inch worm to a push up: 10 reps. HR 60-70%
- Seal Jacks: 30 reps. HR 70-80%
- Inchworm to elbow taps(3 taps on each elbow at the bottom). 10 reps. HR 65-75%
- Bicycles: 30 reps. HR 60-70%
- Light Dumbbell Full Arm Circles: 10 forward/10 backward each arm. HR 55-65%
- 1" Band Shoulder Stretch: 10 reps. each way. HR 55-65%
- Inch worm to a push up: 10 reps. HR 60-70%

### 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 ABCs(lock out right arm and draw ABCs with left index finger): 15reps. HR 60-70%.
- Banded Wrists Right Arm ABCs(lock out left arm and draw ABCs with right index finger): 15reps. HR 60-70%.
- 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 ABCs(lock out right arm and draw ABCs with left index finger): 15reps. HR 60-70%.
- Banded Wrists Right Arm ABCs(lock out left arm and draw ABCs with right index finger): 15reps. HR 60-70%.
- Banded Wrists Break the Band. :30 hold.

### RESISTANCE EXERCISES

- CORRECTIVE PUSH-UPS: 10 perfect push-ups.
- One Arm side wall press with other arm dumbbell shoulder press. 15 reps. on each side. HR 60-70%
- Single Leg(outside leg) One Arm side wall press, other arm dumbbell shoulder press. 15 reps. on each side. HR 60-70%
- One Arm side wall press with other arm dumbbell lateral raise. 15 reps. on each side. HR 60-70%
- Single Leg(outside leg) One Arm side wall press, other arm lateral raise. 15 reps. on each side. HR 60-70%

- One Arm side wall press with other arm dumbbell front raise. 15 reps. on each side. HR 60-70%
- Single Leg(outside leg) One Arm side wall press, other arm front raise. 15 reps. on each side. HR 60-70%
  - Push Ups: As many reps in 1:00. HR 80-90%
  - Push Ups: 1/2 reps (bottom to midway) as many reps in 1:00. HR 75-85%
  - Push Ups: 1/2 reps (top to midway) as many reps in 1:00. HR 75-85%
  - Push Ups: 10 reps. HR 65-75%
- Single Leg (Left Leg) Bent Over Dumbbell Lateral Raise: 15 reps. HR 60-70%
  - Superman Dumbbell Flys: 10 reps. HR 60-70%
- Single Leg (Right Leg) Bent Over Dumbbell Lateral Raise: 15 reps. HR 60-70%
  - Superman Dumbbell Flys: 10 reps. HR 60-70%
  - Triceps Dumbbell Kick Backs: 15 reps. HR 60-70%
  - 1" Band Bicep Hammer Curls: 15 reps. HR 60-70%
  - Triceps Dumbbell Kick Backs: 15 reps. HR 60-70%
  - 1" Band Bicep Hammer Curls: 15 reps. HR 60-70%
  - Towel Crunches: 20 reps. HR 65-75%
  - Towel Crunches with left leg extended: 20 reps. HR 65-75%.
  - Towel Crunches with right leg extended: 20 reps. HR 65-75%
  - Towel Bicycles (rip the towel above your eyes): 1:00. HR 70-80%
  - Plank (Right Arm Left Leg off): 1:00 hold. HR 65-75%
  - Plank (Left Arm Right Leg off): 1:00 hold. HR 65-75%
  - Reverse Burpees: 10 reps. 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.

GREAT JOB!