

MRT Upper Body 9

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%
- Alternating Light Dumbbell Arm Circles. 10 reps. each direction. HR 55-65%
- Light Dumbbell Wrist Rotations. 20 reps. each arm. HR 55-65%
- Seal Jacks(arms only). 15 reps. HR 55-65%
- 1" Band Prone Shoulder Stretch hold for :05. 10 reps. HR 55-65%
- Slow motion burpees: 5 reps. HR 70-80%
- Slow motion reverse burpees: 5 reps. HR 70-80%
- 1" Band Pull A-parts. 15 reps. HR 60-70%
- 1" Band Standing Shoulder Stretch. 10 reps. HR 55-65%
- 1" Band On the wall lat stretch: :15 hold on each arm. HR 55-65%
- Jumping Jacks: 50 reps. HR 80-90%

MINI BAND EXERCISES

- Banded Wrists (palms up) out and In: 15 reps. HR 60-70%.
- Banded Wrists (palms face each other) out and In: 15 reps. HR 60-70%.
- Banded Wrists (palms down) out and In: 15 reps. HR 60-70%.
- Banded Wrists Up and Down: 15reps. on each arm HR 60-70%.
- Banded Wrists (palms up) BREAK THE BAND: :15 hold. HR 60-70%.
- Banded Wrists (palms face each other) BREAK THE BAND: :15 hold. HR 60-70%.
- Banded Wrists (palms down) BREAK THE BAND: :15 hold. HR 60-70%.
- Banded Wrists (palms up, elbows at your side) external rotations. 15 reps. HR 60-70%

RESISTANCE 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. :08 up and :08 down. HR 60-70%.
- Burpees: 10 reps. HR 75-85%
- 1" Band Rows: 15 reps. on right arm. HR 60-70%
- Right side plank burpees (hold side plank for :05, lead with left leg and stand up jump up, then reset) : 10 reps. HR 75-85%
- 1" Band Rows: 15 reps. on left arm. HR 60-70%
- Left side plank burpees (hold side plank for :05, lead with right leg and stand up jump up, then reset) : 10 reps. HR 75-85%
- Banded Wrists Push Ups (Yellow/Light Band in-in, Out- Out 1 push up. In-in, Out-Out 2 push ups. Up to 5, down to 1. 1,2,3,4,5,5,4,3,2,1) HR 70-80%
- 90/90 hip raise to a dumbbell shoulder press. 10 reps each side. HR 60-70%
- 90/90 hip raise to a dumbbell lateral raise. 10 reps each side. HR 60-70%

- Side Bear Crawls to a Burpee. 3 walks to the right 1 burpee/3 walks to the left 1 burpee. 8 reps. each direction. HR 80-90%
- Broomstick Quad press :10 isometric hold. 5 reps. HR 65-75%
- Broomstick alternating quad press to leg extension and leg lowering: 5 reps. each leg. HR 65-75%
- Broomstick Wall press :10 isometric hold. 5 reps. each side HR 65-75%

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!