

# **MRT Upper Body 1**

Movements: Push, Pull, Bend, Core  
Equipment Needed: Mini Bands, 1" Resistant Band, Set of Dumbbells

## WARM UP

- Jog in place: :30 seconds. HR 65-75%.
- Jumping Jacks: 15 reps. HR 60-70%.
- Inch Worms: 10 reps. HR 70-80%.
- Seal Jacks: 15 reps. HR 70-80%.
- Alternate Hand to Foot Kicks: 8 reps. on each leg. HR 70-80%.
- Arm Swings: 10 reps. HR 55-65%.
- Arm Circles Forward: 10 reps. HR 55-65%.
- Arm Circles Backward: 10 reps. HR 55-65%.

## MINI BAND EXERCISES

- Banded Single Wrist Out and In: 10 reps. on each side. HR 60-70%.
- Banded Single Wrist Up and Down: 10 reps. on each side. HR 60-70%.
- Banded Wrists Out and In: 10 reps. HR 60-70%.
- Banded Wrists Up and Down: 10 reps. HR 60-70%.

## RESISTANCE EXERCISES

- SUPERSET.
- Overhand 1" Banded Rows: 15 reps. HR 60-70%.
- Dumbbell Lateral Raises: 15 reps. HR 65-75%.
- SUPERSET.
- Underhand 1" Banded Rows: 15 reps. HR 60-70%.
- Dumbbell Front Raises: 15 reps. HR 65-75%.
- SUPERSET.
- Neutral Grip 1" Banded Rows: 15reps. HR 60-70%.
- Dumbbell Shoulder Press: 15 reps. HR 65-75%.
- Kneeling Lunge with Rotation and a bicep curl with shoulder press: 10 reps. on each side. HR 75-85%.
- Squat with Double Jump: 15 reps. HR 80-90%.
- 1" Banded Twists: 15 reps. each side. HR 65-75%.
- PUSH UP CHALLENGE: 1 set of push ups until failure. Document reps. and save for later.
- PLANK CHALLENGE: Plank on elbows until failure. Document time and save for later.

## STRETCHING

- Kneeling Hip Flexor Stretch on both sides: Hold :10 seconds.
- Kneeling Side Stretch on both sides: Hold :10 seconds.
- Shoulder Stretch on both arms: Hold :10 seconds.
- Tricep Stretch on both arms: Hold :10 seconds.

**GREAT JOB**