

## **MRP Quick Reference Sheet**

### **1. DYNAMIC STRETCHES (15 min)**

- a. 12 yards down & back

### **2. WARM-Ups (5 min - 10 reps each)**

- a. Push-Ups
- b. Back Extensions
- c. Rowers
- d. Squats
- e. Dips
- f. Burpees

### **3. EXERCISE PROGRAMs (20 min)**

- a. 10-1's Pyramid
- b. Circuit
- c. Tabata's
- d. 30-20-10's Pyramid
- e. Dynamic Stretches + Warm-Ups

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**Frankart Movement Recovery System (FMRS)**

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## **STRETCHES**

Morning Glory  
Quad Stretch  
Knee-to-chest  
Leg Whips  
Butt Kickers  
High Knees  
Side Shuffle

### **Spiderman – @ 5 Min**

Airplane  
Over-Over-Unders  
Lunge with a Twist  
Walking-Pigeon  
Monster Walk  
Skaters  
Side Lunge  
Walking Lunge  
Heal-Toe Arm Whips

### **Inchworm - @ 10 Min**

Parade Rest & Bow  
Hip OUT & INs  
Bounding  
Bear Crawl  
Hamstring Complex  
Backwards Run  
High Skip  
Back Peddle  
Carioca

**STOP @ 15 min & start Warm-Ups**

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