

MVTF Strength Modules

DB = Dumbbell | KB = Kettlebell | BB = Barbell | HB = Hexbar | SL = Single-Leg | BW = Bodyweight

The exercise modules below are meant to easily fit into the daily plans for practice. They are intended to be done consecutively, in any order, with minimal rest between. You will cycle through the exercises for as many rounds as the daily plan requires.

Legs / Lower Body		
<u>Black Panther</u> <ul style="list-style-type: none">● 10 x DB Goblet Squat● 10ea. x DB Step-Ups w/ Knee Drive● 10 x DB Cossack Squats● 10ea. x Copenhagen	<u>Captain Marvel</u> <ul style="list-style-type: none">● 10ea. x SL Weighted Calf Raises● 10ea. x DB Walking Lunges● 10 x Box Jumps	<u>Captain America</u> <ul style="list-style-type: none">● 10 x BB 1/4 Split Squats● 10 x BB Good Mornings● 10ea. x DB Bulg. Split Sqts● 10 x DB/BB RDLs
Upper Body		
<u>Thor</u> <ul style="list-style-type: none">● 8 x BW Inverted Rows● 10 x Push-ups● 8 x DB Upright Rows● 8ea. x Bicep Curls	<u>Winter Soldier</u> <ul style="list-style-type: none">● 8 x BB Bench Press● 8 x Tricep Pushdowns● 10 x DB Skull Crushers● 8 x DB Overhead Press	<u>Groot</u> <ul style="list-style-type: none">● 10ea. x DB Bent Over Rows● 10 x Lat Pull Downs● 10 x DB Arm Swings
Core / Full Body		
<u>Black Widow</u> <ul style="list-style-type: none">● 30s x Bicycles● 30s x Leg Raises● 30s x Birddogs● 30s x Russian Twist● 30s x Flutter Kicks● 30ea. x Runner's Touch● 1min x Front Plank● 30ea. x Side Plank	<u>Punisher</u> <ul style="list-style-type: none">● 10 x V-Ups● 5ea. x Side V-Ups● 20 x Crunches● 10ea. x Side Crunches● 20 x Toe Touches● 10ea. x Leg Climbers● 10ea. x SL Glute Bridges● 1min x Boat Hold	<u>Iron Man</u> <ul style="list-style-type: none">● 6 x BB Hang Cleans● 6 x BB Push Jerks● 6 x HB/DB Deadlift Jumps● 15 x KB/DB Sumo Swings

MVTF *Home* Strength Modules

Legs / Lower Body

M'Baku

- 15 x BW Squats
- 10ea. x Bulgarian Split Squats
- 10ea. x Chair Step-Ups w/ Knee Drive
- 10ea. x SL Glute Bridge Raises
- 10 x Skater Jumps (side-to-side)
- 20 x Pogo Jumps

Upper Body

Hawkeye

- 10 x Downward Dog Pushups
- 10ea. x Side Pushups
- 30s ea. x Elbow Stand Twisters
- 10 x Cobras
- 10 x Praying
- 10 x Tricep dips (from a chair)
- 1 min. x Push up hold

MVTF Mobility Modules

Hip Focus

Loki Hurdle Mobility

- Single Over
- Double Over
- Sideways Single Over
- Backwards Double Over
- Scissor Kicks
- Over Unders
- *Bonus: Around the World*

Spiderman Mobility

- 10 x 90-90s w/ Lean
- 10 x 90-90s w/ Raise
- 10ea. x Seated SL Lateral Lifts
- 10ea. x Kneeling Lunge Extension
- 10 x Squat Folds
- 10ea. x Hurdle Circles

Drax Bands

- 15ea. x Knee Drives
- 15ea. x Fast Cycles
- 30s ea. x Knee Drive Hold
- 30s ea. x Soleus Raise Holds

Ankle Focus

Quicksilver Mobility

- 20m ea. x Toe Walks
- 20m ea. x Heel Walks
- 20m ea. x Outside Foot Walks
- 20m ea. x Inside Foot Walks
- 10 x Heel to Toe Outside Rolls
- 10 x Heel to Toe Middle Rocks
- 1min ea. x Runner's Stance

Nightcrawler Bands

- 10 x Band Pulls Forward
- 10 x Backward
- 10 x Left
- 10 x Right
- 10ea. x SL Calf Raises
- 10ea. x SL Soleus Raises

MVTF Plyometric Modules

Plyos	
<u>Hulk</u> <ul style="list-style-type: none">● 10 x Box jumps● 10ea x Bulgarian split jumps● 10 x Depth jumps● 10ea x Runner's touch jumps● 10ea x Step down jumps	<u>Namor</u> <ul style="list-style-type: none">● Straight leg bounds● Sprinter bounds● Power skips● Pogo jumps● Triple broad jumps● Hurdle hops (w/ or w/o hurdles)