



#MFF2020WORKOUT

After you've warmed yourself up, set a timer for 20 minutes and perform the exercises below, modifying if needed along the way. We're playing with static vs. dynamic and slow vs. fast. For the dynamic and fast exercises, GO HARD and then refill your gas tank on the rests. CRUSH!

MINUTE 1

- :20 [ISO Squat](#) (No Bell)
- :20 [Bodyweight Squat](#) (or [Jump Squat](#))
- :20 Rest

MINUTE 2

- :20 [Push Up Plank](#) (or [ISO Push Up](#))
- :20 [Push Up](#)
- :20 Rest

MINUTE 3

- :20 [ISO Split Squat](#)
- :20 [Reverse Lunge](#)
- :20 Rest

MINUTE 4

- :20 [ISO Split Squat](#) (Other Side)
- :20 [Reverse Lunge](#)
- :20 Rest

MINUTE 5

- :20 [Supine Cross Crawl](#)
- :20 [Bicycle Crunch](#)
- :20 Rest

MINUTE 6

- :20 [Supine Cross Crawl](#) (Other Side)
- :20 [Bicycle Crunch](#) (Other Side)
- :20 Rest

MINUTE 7

- :20 [ISO Frog Pump](#) (Hold at the Top)
- :20 [Frog Pump](#)
- :20 Rest

MINUTE 8

- :20 [Sprinter Balance](#)
- :20 [High Knees](#)
- :20 Rest

MINUTE 9

- :20 [Sprinter Balance](#) (Other Side)
- :20 [High Knees](#) (Other Side)
- :20 Rest

MINUTE 10

- :20 [Reverse Burpee](#)
- :20 [Star Jones Burpee](#)
- :20 Rest

MINUTE 11

- :20 [Bear Breathing](#)
- :20 [Fast Bear Crawls](#)
- :20 Rest

MINUTE 12

- :20 [ISO Single Leg Glute Bridge](#)
- :20 [Single Leg Glute Bridge](#)
- :20 Rest

MINUTE 13

- :20 [ISO Single Leg Glute Bridge](#) (Other Side)
- :20 [Single Leg Glute Bridge](#) (Other Side)
- :20 Rest

MINUTE 14

- :20 [Plank](#)
- :20 [Plank Walk-Ups](#)
- :20 Rest

MINUTE 15

- :20 [ISO Split Squat](#)
- :20 [Split Squat](#) (or [FU Mark Fishers](#))
- :20 Rest

MINUTE 16

- :20 [ISO Split Squat](#) (Other Side)
- :20 [Split Squat](#) (Other Side) (or [FUMFs](#))
- :20 Rest

MINUTE 17

- :20 [Push Up Plank](#) (or [ISO Push Up](#))
- :20 [Plyo Push Up](#)
- :20 Rest

MINUTE 18

- :20 [1 Straight Leg Sit Up](#)
- :20 [Full Sit Ups](#)
- :20 Rest

MINUTE 19

- :20 [ISO Squat](#) (No Bell)
- :20 [Fast Feet](#)
- :20 Rest

MINUTE 20

- :20 [Reverse Burpee](#)
- :20 [Star Jones Burpee](#)
- :20 Rest