

Train like an Airbender - 2

Build Speed and Agility to move like a leaf in the wind!

Inspired by Baguazhang and its high emphasis on mobility. Be the Leaf!

Traditional Style Workout

Repeat 3x with 1min Rest between rounds:

- Glute Bridges x15**
- High Knees x30sec**
- Shuffle-Squat x2min**

Finish with: Circle Walking x10min

Probender Style Workout

Repeat 3-5x with 1min Rest between rounds:

- Glute Bridges x15**
- Accel-Decel Sprints x5**
- High Knees x30sec**
- Shuffle-Squat x2min**
- Jab x2min**

Descriptions of Some of the Exercises:

Glute Bridges: Lay on your back with your knees bent. Press your heels into the ground to lift your hips up

High Knees: Running high knees in place. Pick your knees up above your hips, and aim for max reps

Shuffle-Squat: Place 2 markers about 10-15ft apart. Shuffle side to side between them and squat to touch them. To make it harder, squat down while you shuffle

Circle Walking: The foundational training method for Baguazhang. This week, start with the basic steps: the goal is to walk with flat feet. When you normally walk, you lift and put down your heel first. For circle walking, try to lift and place your whole foot together, as one unit, while trying to keep your head level. To make this harder, squat down lower

Accel-Decel Sprints: Set up a straight course 10-15m long. Starting from a square stance at one end, sprint to the other end and come to a full stop back in your square stance. Try to get as fast as you can during the short sprint by pumping your arms and picking up your knees!