

Train like an Earthbender - 2

Build Strength and Stability to take rocks head-on! (Don't really hit rocks...)

Inspired by Hung Gar and other styles of Southern Kung Fu. Earthbending requires strong legs to be connected to the ground!

Traditional Style Workout

Repeat 3x with 1min Rest between rounds:

- Glute Bridges**
- Lunges x15 each**
- Goblet Squats x12**
- Horse Stance x1min**
- Horse Stance -> Bow & Arrow Stance x1min**
- Pushups x15**
- Plank x1min**
- Dynamic Tension Palms x10 each**

Probender Style Workout

Repeat 3x with 1min Rest between rounds:

- Glute Bridges**
- Lunges x15 each**
- Goblet Squats x12**
- Pushups x15**
- Plank x1min**
- Jab x2min**
- Cover/Block x2min**

Descriptions of Some of the Exercises:

Horse Stance: Stand with your feet spread about 2 shoulder-widths. Squat as low as possible (aim for thighs parallel to the ground!) and hold that position. Make sure that 1) your knees don't collapse inwards, and 2) your weight is evenly distributed on your feet (don't fall onto your toes)

Horse Stance -> Bow & Arrow Stance: Start in a Horse Stance. Turn your hips to the right (turn them all the way square to the right--it's ok if you need to adjust your left foot slightly to do this). As you turn, straighten your left leg, turn your left foot to the right, and push your left heel towards the ground. Hold for a couple seconds, then turn back to Horse Stance. Repeat on the left

Dynamic Tension Palm: From a Horse Stance, push your hand forward and pull it back. While you push/pull it, flex your muscles to resist yourself and feel your forearms pump up!

Jab: From a fighting stance, push your lead hand forward as if you want to quickly tag/poke something

Cover: From a fighting stance, lift your forearm to cover your head like a half helmet, making sure your forearm touches your head (so you don't hit yourself when blocking!)