

Train like a Firebender - 2

Build Explosive Power and unlock your inner fire!

Inspired by Shaolin and other styles of Northern Kung Fu. Firebending requires a strong core and powerful legs to control this wild element!

Traditional Style Workout

Repeat 3x with 3min Rest between rounds:

- Glute Bridges x15**
- Vertical Jumps x5**
- Lunge -> Front Kicks x15 each**

Repeat 3x with 1min Rest between rounds:

- Pushups to Shoulder Taps x10 each**
- Side Plank x1min each**
- Side Kicks x15 each**

Probender Style Workout

Repeat 3x with 3min Rest between rounds:

- Glute Bridges x15**
- Vertical Jumps x5**
- Lunge -> Front Kicks x15 each**

Repeat 3x with 1min Rest between rounds:

- Pushups to Shoulder Taps x10 each**
- Side Kicks 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

Vertical Jumps: Reset after each jump, and aim for max height!

Lunge -> Front Kicks: Perform a reverse lunge, and then kick straight up as you stand up

Pushup to Shoulder Taps: After each pushup, tap your opposite shoulder with one hand (alternating after each pushup). Try to not rock as you do this!

Side Kick: Stand facing front. Lift your right knee up above your hip level, and look to the right. Turn your foot out and push it out to the right. For the more advanced version: Stand facing front. Cross your left leg behind your right, then lift your right knee above your hip level. Turn your foot and push out to the right

Jab: From a fighting stance, extend your front hand as if you're trying to tag/poke something quickly, then pull your hand right back to your face. Keep your other hand by your face as passive protection!