

Train like an Airbender - 1

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

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

Repeat 3x with 1min Rest between rounds:

- Glute Bridges x15**
- Lunge Jumps x5 each**
- High Knees x30sec**

Repeat 3x with 1min Rest between rounds:

- Plank x1min**
- Shuffle-Squat 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

Lunge Jumps: Start in a lunge. Jump up and swap your legs to land in the opposite side lunge. Repeat for the necessary number of reps

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