

Train like an Earthbender - 1

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!

Repeat 3x with 1min Rest between rounds:

- Glute Bridges x15**
- Lunges x15 each**
- Horse Stance x1min**
- Horse Stance -> Bow & Arrow Stance x1min**

Repeat 3x with 1min Rest between rounds:

- Pushups x15**
- Ts, Ys, and Is x15 each**
- Plank x1min**
- Dynamic Tension Palms x10 each**

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

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

Ts, Ys, and Is: Lay on your stomach with your arms stretched like a T and your thumbs pointing to the sky. Lift your hands up (to the sky) and lower back down. Repeat with your arms in a Y and I position

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