

Train like a Firebender - 1

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!

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 x15**
- Plank Shoulder Taps x10 each**
- Front Kicks x15 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

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

Plank Shoulder Taps: From a pushup position, alternate left and right hands tapping your shoulder. Try to not rock/shift side to side too much while you do them!