

Train like a Waterbender - 2

Build Strength and Mobility to repair your body and be like water!

Inspired by Taijiquan and some commonly-needed corrective exercises. Waterbending is as restorative as it is powerful!

Traditional Style Workout

Repeat 3-5x with 1min Rest between rounds:

- Lacrosse Ball Release (Hip Flexors/Quads) x1-2min**
- Couch Stretch x2min**
- Glute Bridges x15**
- Lunges x15 each**
- Side Lunges x15 each**
- Horse Stance--Weight Shifting x1min**
- Side Plank x1min each**

Probender Style Workout

Repeat 3-5x with 1min Rest between rounds:

- Lacrosse Ball Release (Hip Flexors/Quads) x1-2min**
- Couch Stretch x2min**
- Glute Bridges x15**
- Lunges x15 each**
- Single Leg Deadlift x15 each**
- Simple Trip Step x20 each**

Descriptions of Some of the Exercises:

Lacrosse Ball Release: Take a lacrosse (or tennis) ball and use it to find knots in the specified muscles. When you find a knot, gently press into it with the ball. While maintaining the pressure, try to move the muscle through as much range of motion as possible--stretch, contract, get (safely) creative with it to release the knot

Couch Stretch: Put your right foot on a couch (or chair, or even against a wall) and lower your right knee to the ground. Step your left foot into a lunge position and sit up to stretch your right quad and hip. Repeat with the left side

Glute Bridges: Lay on your back with your knees bent. Press your heels into the ground to lift your hips up

Horse Stance Weight Shifting: Start in a low squat with your feet just outside of shoulder-width apart. Steadily shift your weight from one foot to the other (80%/20%) while keeping your head level. To make this harder, sit lower

Simple Trip Step: From a standing ready position (feet shoulder width, legs slightly bent), sweep your right foot in front of your left. The lower you squat, the further forward you can sweep your foot. Alternate sides with each rep