

KORRA

WORKOUT ROUTINE



Bonus PDF File
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KORRA WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

Like Aang, we're training for mainly agility and acrobatics. The difference with this routine is that we're also going to be adding in some weights due to Korra's physical prowess and impressive strength ON TOP of the similarities to Aang.

Other Resources:

[How to get better at Pull-Ups, Pushups, Dips, Squats and Calisthenics](#)

[Pull-Up Alternatives: How to Get Better at Pull-Ups With or Without Equipment](#)

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Korra Workout: Sample Workout Schedule

Monday: Calisthenics, Agility, and Strength Circuit A

Tuesday: Calisthenics, Agility, and Strength Circuit B

Wednesday: The Nightrunner Parkour Workout and Calisthenics

Thursday: Calisthenics, Agility, and Strength Circuit C

Friday: Calisthenics, Agility, and Strength Circuit D

Saturday: Rest Day or Extra Parkour

Sunday: Rest Day or Extra Parkour

Korra Workout: Calisthenics, Agility and Strength Circuit A

Warm Up:

5-10 Minute Jog

Workout:

Push Ups

5×25

Sit Ups

5×20

Dips

5×15

Lunges

5×10 each leg

Pull Ups

5×10

Strength Circuit A:

Complete One Round

- 25 Ball Slams @15
- 50 Bench Press @135
- 50 Push-Ups
- 50 Box Jumps
- 50 Floor Wipers @135
- 50 Lunges
- 25 Ball Slams

Korra Workout: Calisthenics, Agility and Strength Circuit B

Warm Up:

5-10 Minute Jog

Workout:

Push Ups

5×25

Sit Ups

5×20

Dips

5×15

Lunges

5×10 each leg

Pull Ups

5×10

Strength Circuit B:

Complete One Round

- 25 One-Arm Snatches @36
- 50 Back Squats @135
- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Clean and Press
- 25 One-Arm Snatches

Korra Workout: Calisthenics, Agility and Strength Circuit C

Warm Up:

5-10 Minute Jog

Workout:

Push Ups

5×25

Sit Ups

5×20

Dips

5×15

Lunges

5×10 each leg

Pull Ups

5×10

Strength Circuit C:

Complete One Round

- 25 Wall Balls @15
- 50 Presses @95
- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Lunges
- 25 Wall Balls @15

Korra Workout: Calisthenics, Agility and Strength Circuit D

Warm Up:

5-10 Minute Jog

Workout:

Push Ups

5×25

Sit Ups

5×20

Dips

5×15

Lunges

5×10 each leg

Pull Ups

5×10

Strength Circuit D:

Complete One Round

- Pull-Ups: 25 reps
- Deadlift: 50 reps at 135
- Push-Ups: 50 reps
- Box Jumps: 50 reps (ideally done on a 24" box)
- Floor Wipers: 50 reps holding a 135 lb bar
- Clean and Press (using a kettlebell or dumbbells): 50 reps, 25 per arm ideally with 36 lbs

- Pull-Ups: 25 reps

Korra Workout: Parkour, Freerunning and Calisthenics

For this one your job is to get out there and get it done.

BUT, seeing as how it's not as big of a portion of this training as it is for Aang's workout, I'm simply going to link you to the routine you'll be using.

SHJ Parkour Training Guide:

- [The Nightrunner Workout](#)