

AZULA

WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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AZULA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be working with three days of calisthenics training, a day of endurance/running, and a day of a long circuit that combines the two.

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.

Azula Workout Routine: Sample Workout Schedule

Monday: Firebender Calisthenics A

Tuesday: Fire Nation Endurance

Wednesday: Firebender Calisthenics B

Thursday: Princess Training Circuit

Friday: Firebender Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Azula Workout Routine: Firebender Calisthenics A

Warm Up:

800m Jog

Workout:

Push Ups (Scale to Knee Push Ups)

4×20

Chair Dips

4×15

Diamond Push Ups

3×10

Mountain Climbers

4×20

Lying Leg Raises

3×20

Sit Ups with Twist

3×20

Azula Workout Routine: Fire Nation Endurance

Complete a long distance run based on your fitness level:

Beginner: 1-3 mile run

Intermediate: 3-5 mile run

Advanced: 5+ mile run

Azula Workout Routine: Firebender Calisthenics B

Warm Up:

800m Jog

Workout:

Air Squats

4×20

Glute Bridges

4×15

Donkey Kicks

3×20 each leg

Fire Hydrants

4×20 each leg

V-Ups

3×20

Hanging Leg Raises

3×20

Azula Workout Routine: Princess Training Circuit

Complete 3 Rounds for Time:

800m Jog

15 Jump Squats

10 Close to Wide Push Ups

15 Plank to Push Ups

10 Jumping Lunges

15 Planking Shoulder Taps

Azula Workout Routine: Firebender Calisthenics C

Warm Up:

800m Jog

Workout:

Wide Push Ups

4×20

Air Squats

4×15

Chin Ups (Scale to Pike Push Ups)

3×10

Burpees

4×10

Lying Leg Raises w/ Hip Thrust

3×20

Sit Ups

3×30

Azula Workout Routine: Bonus Training Resources

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)