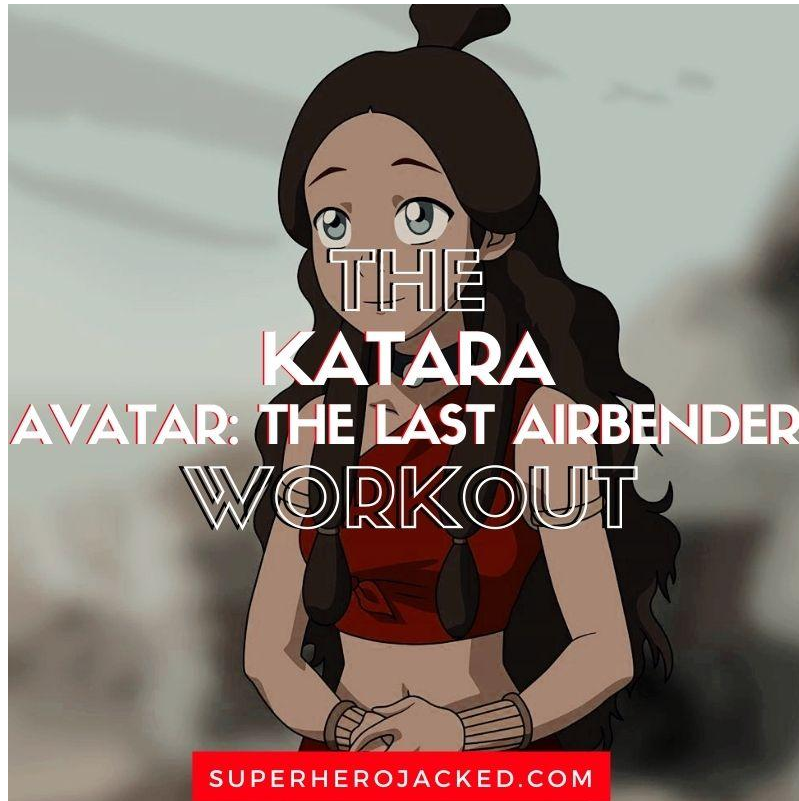


KATARA

WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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KATARA WORKOUT ROUTINE

Training Volume: 5 days per week

Explanation:

For Katara's calisthenics training we're going to be training for agility as well as looking to replicate her aesthetic and overall acrobatic performance. For this we'll be doing 3 days of calisthenics training, a day devoted to endurance training for stamina and a day of high intensity interval training to step it up a notch and put that agility work and strength to the test!

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.

Katara Workout Routine: Sample Workout Schedule

Monday: Waterbending Calisthenics A

Tuesday: Long Distance Endurance Work

Wednesday: Waterbending Calisthenics B

Thursday: High Intensity Interval Training

Friday: Waterbending Calisthenics C

Saturday: Optional MMA/Parkour/Extra Endurance or Active Rest Day

Sunday: Mandatory Rest Day

Katara Workout Routine: Waterbending Calisthenics A

Warm Up:

Jog 800m

Workout:

Tri-Set One:

A. Push Ups

3×15

B. Jumping Lunges

3×12

C. Plank Hold

3×30 Seconds

Tri-Set Two:

A. Plank to Push Ups

3×10

B. Box Jumps

3×10

C. Sit Ups

3×10

Katara Workout Routine: Long Distance Endurance Work

Complete your run based on your overall fitness level.

Feel free to scale this to a different type of endurance training (bike, row, StairMaster, elliptical, etc.).

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

Katara Workout Routine: Waterbending Calisthenics B

Warm Up:

Jog 800m

Workout:

Tri-Set One:

A. Close to Wide Push Ups

3×10

B. Air Squats

3×15

C. Hollow Hold

3×30 Seconds

Tri-Set Two:

A. Mountain Climbers

3×25

B. Inch Worms

3×10

C. Glute Bridges

3×20

Katara Workout Routine: High Intensity Interval Training

Complete 3 Rounds for Time (Only Break Between Rounds If Needed):

Run 400m

10 Burpees

20 Mountain Climbers

30 Sit Ups

40 Jumping Lunges

50 Jumping Jacks

40 Air Squats

30 Knee Push Ups

20 Leg Raises

10 Pike Push Ups (or Pull Ups)

Katara Workout Routine: Waterbending Calisthenics C

Warm Up:

Jog 800m

Workout:

Tri-Set One:

A. Bench Dips

3×15

B. 3 Point Squats

3×21 (Total)

C. Superman Hold

3×30 Seconds

Tri-Set Two:

A. Side Lunges

3×20

B. Lying Leg Raises

3×30

C. Flutter Kicks

3×50