

FIRE LORD OZAI WORKOUT ROUTINE



Bonus PDF File
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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 ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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FIRE LORD OZAI WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

You have 4 days of routines to follow, and then 1-2 days of long distance cardio (this should be done at a steady and comfortable pace).

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.

Fire Lord Ozai Workout Routine: Sample Schedule

Monday: Firebender Calisthenics A

Tuesday: Fire Nation Endurance Training

Wednesday: Firebender Calisthenics B

Thursday: Lightning Training Circuit

Friday: Firebender Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Fire Lord Ozai 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

Fire Lord Ozai Workout Routine: Fire Nation Endurance Training

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Fire Lord Ozai Workout Routine: Firebender Calisthenics B

Warm Up:

800m Jog

Workout:

Air Squats

4x20

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

Fire Lord Ozai Workout Routine: Lightning Training Circuit

Complete 1 Round for Time:

60 Calorie Run (Burn 60 Calories Running)

50 Push Ups

40 Box Jumps

30 Plank to Push Ups

20 Double Unders

10 Burpees

Fire Lord Ozai 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

Fire Lord Ozai Workout Routine: Bonus Training Resources

Parkour Training Resources

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

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)