

# TRAIN

WITH SYLUS

NOVEMBER 2024



# WHAT'S NEW ?

This month we're working out with Sylus ! All of the new workouts will be inspired by boxing, MMA and kick boxing.

Get ready to sweat and have fun as we punch, jab, and kick our way to better fitness! Each session is designed to boost your strength, upper body area, and endurance while also exploring some awesome moves. Whether you're a beginner or a seasoned athlete, our crew boy has crafted diverse routines that cater to all levels.

So, lace up, put on those gloves, and let's unleash our inner fighters together!



# INSTRUCTION



PRIOR TO EVERY MUSCLE GROUP WORKOUT, MAKE SURE TO WARM UP WITH THE WARM-UP VIDEO OF YOUR CHOICE (SEE NEXT PAGE)! IT IS SAFER TO WARM UP PRIOR TO INTENSE MOVEMENT.



MAKE SURE TO STAY HYDRATED, IF YOUR LIPS ARE DRY, YOU'RE ALREADY DEHYDRATED.



THIS MONTH, EVERY WORKOUT NEEDS TO BE DONE 3 TIMES! HOWEVER THE WARM-UP AND STRETCHING SHOULD BE DONE ONCE AND ARE OPTIONAL

SOME WORKOUTS HAVE 2 VERSIONS, 1 BODYWEIGHT VERSION AND ANOTHER EQUIPMENT VERSION



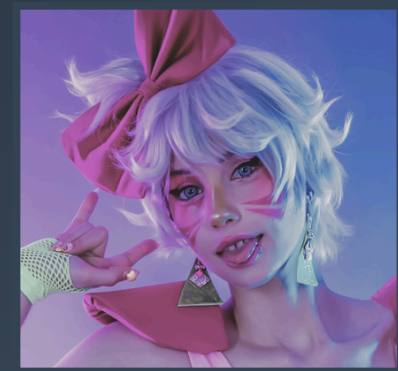
ALWAYS LISTEN TO YOUR BODY WHILE DOING THESE, THE GOAL IS TO HAVE FUN AND KEEP MOVING. NOW, LET'S MOVE!





# CHOOSE YOUR WARM-UP

CLICK OR TAP A WARM-UP BEFORE  
WORKING OUT





# WORKOUT

## WITH SYLUS

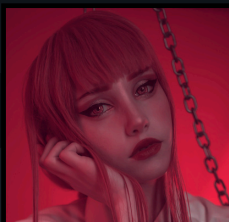
MON	TUE	WED	THU	FRI	SAT	SUN
				1 CARDIO SYLUS	2 UPPER BODY CORE SYLUS	3 REST
4 GLUTES NEUVILLETTE	5 UPPER BODY TONE WRIO	6 LOWER BODY SYLUS	7 PICK FROM THE STRECHING MENU!	8 CARDIO SYLUS	9 UPPER BODY CORE SYLUS	10 REST
11 GLUTES & LEGS WRIO	12 UPPER BODY CORE SYLUS	13 LOWER BODY SYLUS	14 PICK FROM THE STRECHING MENU!	15 CARDIO SYLUS	16 UPPER BODY CORE SYLUS	17 REST
18 GLUTES NEUVILLETTE	19 UPPER BODY TONE WRIO	20 LOWER BODY SYLUS	21 PICK FROM THE STRECHING MENU!	22 CARDIO SYLUS	23 UPPER BODY CORE SYLUS	24 REST
25 GLUTES & LEGS WRIO	26 UPPER BODY CORE SYLUS	27 LOWER BODY SYLUS	28 PICK FROM THE STRECHING MENU!	29 CARDIO SYLUS	30 UPPER BODY CORE SYLUS	

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# STRETCHING MENU

STRETCH WITH MAKIMA



LOWER BODY STRETCH



STRETCH WITH YANG

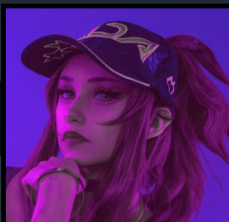


UPPER BODY STRETCH



LOWER BODY STRETCH

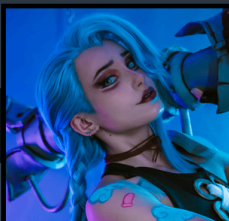
STRETCH WITH AKALI



MOBILITY STRETCH



STRETCH WITH JINX



STRETCH WITH GANYU



LOWER BODY STRETCH

