



**DECEMBER
2024**

WORKOUT
WITH LYNEY

WHAT'S NEW?

This month, we're going to inspire our workouts from pole fitness with Lyney!

Our trainer will be showing you guys how to build upper and abdominal strength.

There will be 2 versions of these workouts, one on a pole and one only with the mats! Paired with that will be workouts that will make you dance!

Because Pole fitness is all about elegance and finding fun in movements.



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 LYNEY

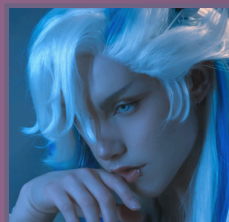
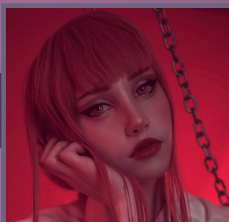
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SAT	SUN	MON	TUE	WED	THU	FRI
	1 TRAIN WITH LYNEY LOWER BODY	2 REST	3 TRAIN WITH LYNEY UPPER BODY CARDIO	4 STRETCH	5 TRAIN WITH LYNEY CORE	6 TRAIN WITH AKALI CARDIO
7 TRAIN WITH AKALI CORE	8 TRAIN WITH LYNEY LOWER BODY	9 REST	10 TRAIN WITH LYNEY UPPER BODY CARDIO	11 STRETCH	12 TRAIN WITH LYNEY CORE	13 TRAIN WITH AKALI CARDIO
14 TRAIN WITH AKALI CORE	15 TRAIN WITH LYNEY LOWER BODY	16 REST	17 TRAIN WITH LYNEY UPPER BODY CARDIO	18 STRETCH	19 TRAIN WITH LYNEY CORE	20 TRAIN WITH AKALI CARDIO
21 TRAIN WITH AKALI CORE	22 TRAIN WITH LYNEY LOWER BODY	23 REST	24 TRAIN WITH LYNEY UPPER BODY CARDIO	25 STRETCH	26 TRAIN WITH LYNEY CORE	27 TRAIN WITH AKALI CARDIO
28 TRAIN WITH AKALI CORE	29 TRAIN WITH LYNEY LOWER BODY	30 REST	31 TRAIN WITH LYNEY UPPER BODY CARDIO			

STRETCHING MENU

STRETCH WITH MAKIMA



LOWER BODY STRETCH

STRETCH WITH YANG



UPPER BODY STRETCH

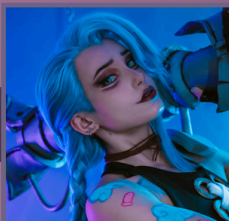
LOWER BODY STRETCH

STRETCH WITH AKALI



MOBILITY STRETCH

STRETCH WITH JINX



STRETCH WITH GANYU

LOWER BODY STRETCH

