

WORKOUT CALENDAR

FEBRUARY 2024



WHAT'S NEW?

This month we're going to be targeting the Lower body with the elegant Neuvillette.

Step into the month of love with a commitment to self-love and strength-building.

Neuvillette brings you a fitness extravaganza with four brand-new videos, each crafted to enhance your lower body's strength and sculpt your curves.

But that's not all - We understand the importance of recovery with a brand new stretching session that will not only increase flexibility but also promote a sense of calm after your intense workouts.

INSTRUCTIONS



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 warmup prior to intense movement.

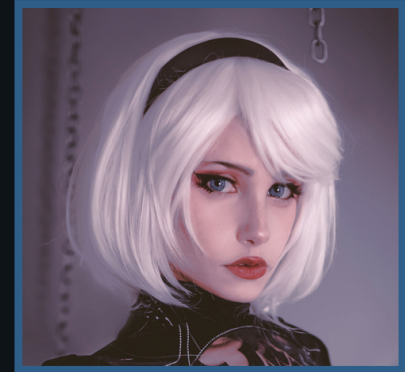
Make sure to stay hydrated, if your lips are dry, you're already dehydrated.

This month, every workout needs to be done twice ! Except the stretching and warm-ups that should be done once.

All you need to do these workouts is a mat, some workouts have weights but they are optional.

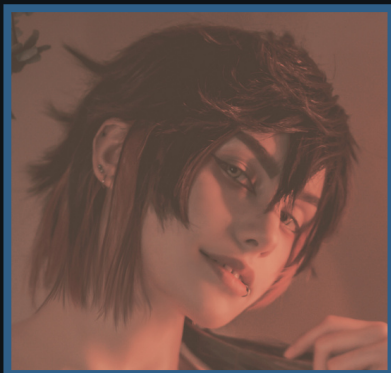
Always listen to your body while doing these, the goal is to have fun and keep moving.

Now, LET'S MOVE!







CHOOSE YOUR WARM-UP

CLICK OR TAP A WARM-UP
BEFORE WORKING OUT



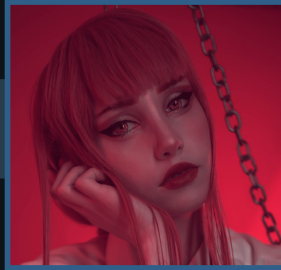
FEBRUARY 2024

UPPER BODY	TOTAL BODY	CORE	LEGS	REST	GLUTES	STRETCH
MON	TUE	WED	THUR	FRI	SAT	SUN
			1 Legs with Neuville	2 	3 Glutes with Neuville	4 Stretch with Neuville
5 Upper body with Wriiothesley	6 Total body with Itto	7 Core with Wriiothesley	8 Legs with Neuville	9 	10 Glutes with Neuville	11 Stretch with Neuville
12 Upper body with Itto	13 Total body with Shxtou	14 Core with Akali	15 Legs with Neuville	16 	17 Glutes with Neuville	18 Stretch with Neuville
19 Upper body with Childe	20 Total body with Link	21 Core with Elsa	22 Legs with Neuville	23 	24 Glutes with Neuville	25 Stretch with Neuville
26 Upper body with Xiao	27 Total body with Albedo	28 Core with Albedo	29 Legs with Neuville			



STRETCHING MENU

STRETCH WITH MAKIMA



LOWER BODY STRETCH



STRETCH WITH YANG



UPPER BODY STRETCH

LOWER BODY STRETCH

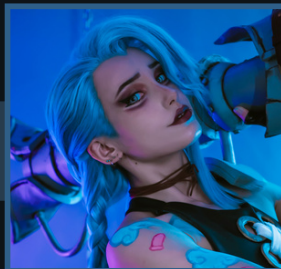


STRETCH WITH AKALI



STRETCHING FOR MOBILITY

STRETCH WITH JINX



STRETCH WITH GANYU



A person is shown from the waist up, performing a pull-up. They are wearing a dark-colored tank top and their arms are extended upwards, gripping a bar. The background is a solid, deep blue color. The lighting is dramatic, highlighting the person's muscles and the texture of their clothing.

WORKOUTS

This section will be about the new workouts of the month

WARM UP

Duration 5 mins

Exercise

jumping jacks
high knees
butt kicks
side lunges
Gorilla squats

Do it once!

45s work for 15s rest

STRETCHING

Duration 30 mins

Exercise

Spider Crawl Stretch with Rotation Alt.
Low lunge arms up (L-R)
Wide leg fold
Straddle
Bridge
Quad stretch
Half split (L-R)
Down dog to Cobra

Do it once

45s work for 15s rest

GLUTES

Duration 18 mins

Exercise

Pointed leg lift
Glute bridges
Fire hydrants
Sumo squats
Straight leg heel lift

Do it 2 times!

45s work for 15s rest

LEGS

Duration 21 mins

Exercise

Squats side to side
Lunges
Plie Calf raises
Lunge jump
Prisoners stairs
squat pulse
Plie Jump

Do it 2 times!

45s work for 15s rest