

# LELE PONS WORKOUT ROUTINE



Bonus PDF File  
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# LELE PONS WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

Lele Pons is extremely active. Most of these workouts can be done within a 30-60 minute time period (or much less), so by all means grab any of the ones I share below and use them first and foremost, but I'll also be sharing a handful of resources and ideas to keep active as well.

## 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.

## Lele Pons Workout: Sample Workout Routine Schedule

**Monday:** Circuit Style Training from Diana Maux

**Tuesday:** Circuit or Activity Day (Hiking, SPIN Class, or alternative)

**Wednesday:** Circuit Style Training from Diana Maux

**Thursday:** Circuit or Activity Day (Hiking, SPIN Class, or alternative)

**Friday:** Circuit Style Training from Diana Maux

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Lele Pons Workout: Circuit Training Options from Diana Maux**

**These workouts are being shared from Diana Maux. You can find more of her workouts and her full social feed [here](#).**

*She also sells bands (both resistance and glute bands) which can be purchased [here](#).*

*(We are in no way affiliated and do not make money if you purchase any of her products)*

### **Diana Maux Training A:**

#### **Complete 4 Rounds:**

A. Single Dumbbell Overhead Squats

10-15 reps + 5 pulses

B. Single Dumbbell Kettlebell Swing into Overhead Squat

12-15 reps

C. Lying Ham Raises w/ Dumbbell

12-15 reps

D. Alternating Single Arm DB Snatch to Overhead Squat

12-15 reps

**Diana Maux Training B:**

**Complete 4 Rounds:**

A. Banded Single Arm Bicep Curls

15-20 reps each arm

B. Band Resisted Dumbbell Bent Over Rows

15-20 reps

C. Hollow Holds

30 seconds

D. Standing Oblique Crunches

20 reps

E. Band Resisted Overhead Tricep Extension

15-20 reps

**Diana Maux Training C:**

**Complete 4 Rounds:**

A. Sit to Stand and Clean and Press

15-20 reps each arm

B. Knee Plank Row to Tricep Kickback

15-20 reps each arm

C. Knee Push Ups

15-20 reps

D. Knee Push Up Dumbbell Rows

15-20 reps each arm

**Diana Maux Training D:**

**Complete 4 Rounds:**

A. Alternating Hammer Curl to Burpee w/ DB Row

10-15 reps

B. Medicine Ball Slam into Burpee

10-15 reps

C. Skater Lunges w/ Dumbbells

15-20 reps each leg

D. DB Thrusters

15-20 reps

## **Diana Maux Training E:**

### **Complete 4 Rounds:**

A. Banded Fire Hydrants

10-15 reps

B. Single Leg Glute Bridges w/ Band

15-20 reps each leg

C. Banded Glute Bridges

15-20 reps each leg

D. Squat to Step Up to Squat to Step Down

15-20 reps

## **Lele Pons Workout: Alternative Training Options**

**Lele Pons is very active. She's always outdoors either snowboarding, at the beach, hiking, swimming, or doing something fun.**

*That being said, you should be considering this if you want to be as active as she is!*

For this reason you do have some options on how you'd like to train. Lele Pons also shared a few stories and social media posts of her at the gym doing a different-than-usual training regime (where her normal training style revolved around Diana Maux's styled circuits; even having a ton WITH Maux).

So whether you want to hit the gym with one of our other workout routines from [The Workout Database](#) or search for some other alternative training methods is up to you, but here's a few options to help you burn some calories:

- High Intensity Interval Training
- Jump Rope Circuits
- SPIN Class
- MMA Training
- Long Distance Runs/Cardio
- Hiking
- Active Sports

*And, obviously, a ton of others as well!*

[The Ultimate Calisthenics Workout and Guide](#) is a great resource to use that links out to a ton of different workout routines and articles that can help you find more ways to get active like Pons.