

LELE PONS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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 insure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

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.