

A person with short, wavy, light-colored hair is performing a handstand on a sandy beach. They are wearing a black long-sleeved shirt, black shorts, and patterned leggings. The background shows a sunset sky with soft colors and a few people walking in the distance. The overall mood is serene and active.

# WORKOUT CALENDAR

*Train with Rafayel*

October 2024

# WHAT'S NEW ?

I've been studying and reading a lot about the psychology behind motivation in sports and fitness but also in other areas such as art and career.

And this is how I came across flow.

By practicing discipline through something tangible like going to the gym every day, I've developed my discipline through other spheres of my life. And I think that this approach of using a simplified action as a metaphor to make more abstract changes in your life could be the key to help you in your own fitness journey.

So these workout are the beginning of trying to accentuate the mind and body connection to make fitness more accessible and enjoyable.

# WHAT IS FLOW?

It's not about chasing rewards; it's about loving the process. That's what flow workouts are all about. It's about **looking good AND feeling good**.

**A flow workout refers to a type of exercise that combines continuous, smooth movements to create a seamless sequence.**

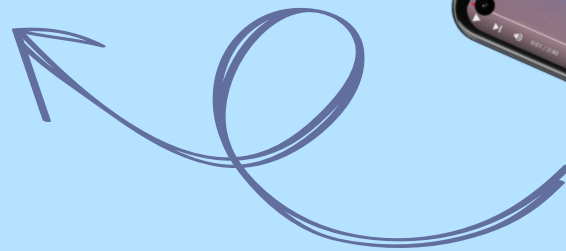
It aims to reach the flow state.  
In other words, ***to be in the zone***.

However it's not compromising the fitness by using that state to push you further physically. Flow is an holistic approach to fitness.

# FLOW 101

- Try to stay present and enjoy each movement. Don't worry about perfection; it's all about the journey and how you feel.
- Pay attention to how your body feels. Move at your own pace and modify exercises as needed. It's important to feel comfortable and safe.
- Let go of any stress or tension. The goal is to move smoothly and fluidly, connecting each movement with your breath.
- If you're unsure about any movements or need modifications, don't hesitate to ask. I'm here to help you every step of the way.

**CLICK HERE TO WATCH  
THE INTRO VIDEO**





# 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

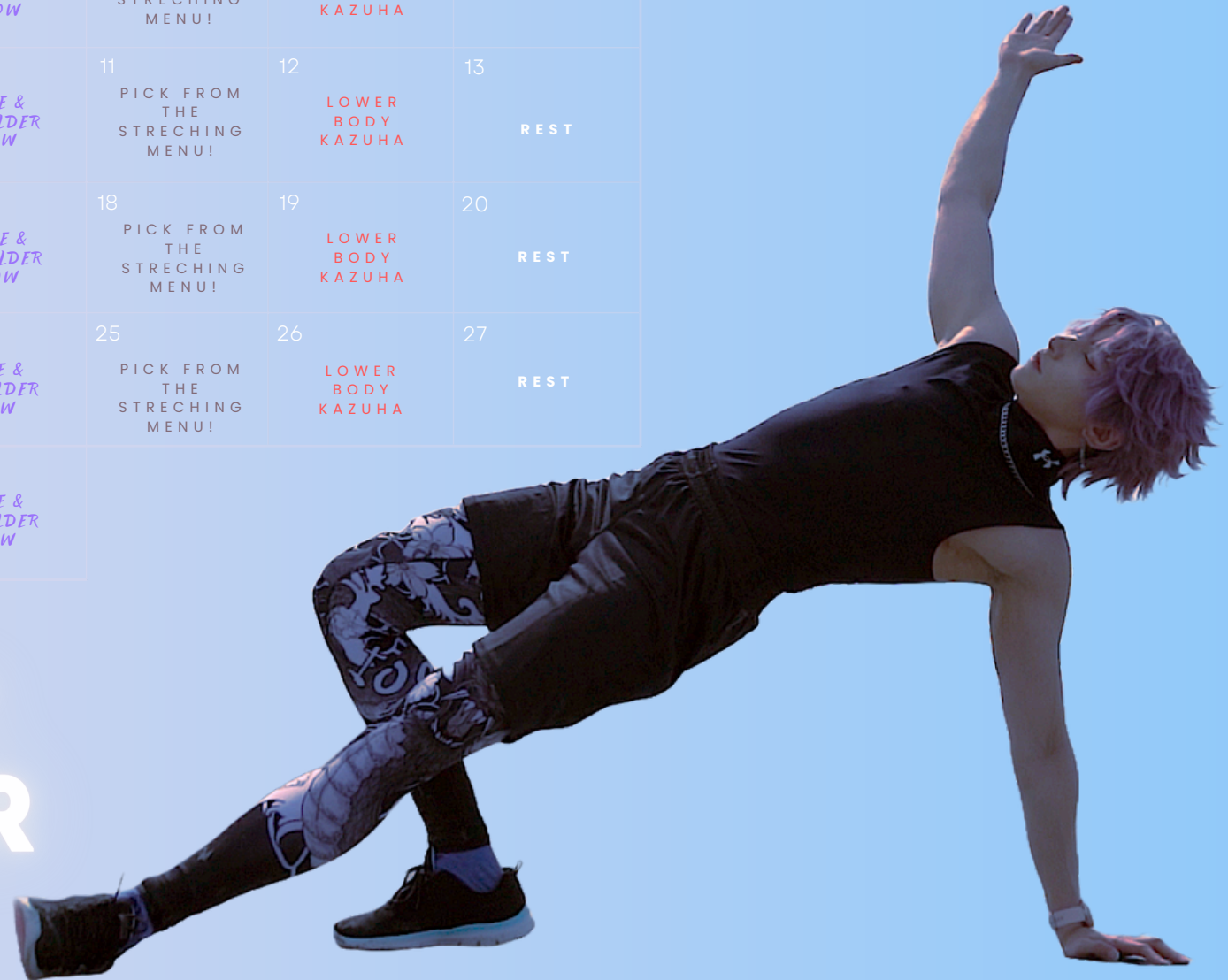


# OCTOBER 2024

# Train with Rafayel

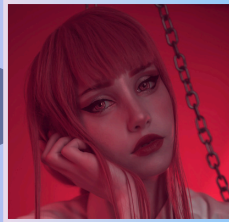
MON	TUE	WED	THU	FRI	SAT	SUN
	1 UPPER BODY FLOW	2 LOWER BODY FLOW	3 CORE & SHOULDER FLOW	4 PICK FROM THE STRECHING MENU!	5 LOWER BODY KAZUHA	6 REST
7 CORE KAZUHA	8 UPPER BODY FLOW	9 LOWER BODY FLOW	10 CORE & SHOULDER FLOW	11 PICK FROM THE STRECHING MENU!	12 LOWER BODY KAZUHA	13 REST
14 REST	15 UPPER BODY FLOW	16 LOWER BODY FLOW	17 CORE & SHOULDER FLOW	18 PICK FROM THE STRECHING MENU!	19 LOWER BODY KAZUHA	20 REST
21 CORE KAZUHA	22 UPPER BODY FLOW	23 LOWER BODY FLOW	24 CORE & SHOULDER FLOW	25 PICK FROM THE STRECHING MENU!	26 LOWER BODY KAZUHA	27 REST
28 REST	29 UPPER BODY FLOW	30 LOWER BODY FLOW	31 CORE & SHOULDER FLOW			

# WORKOUT CALENDAR



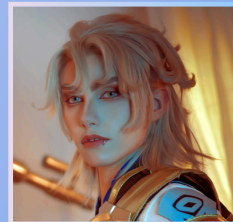
# STRETCHING MENU

STRETCH WITH MAKIMA



LOWER BODY STRETCH

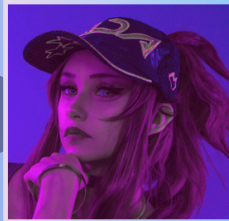
STRETCH WITH YANG



UPPER BODY STRETCH

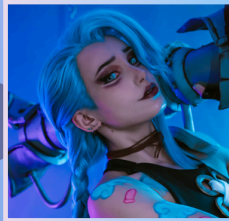
LOWER BODY STRETCH

STRETCH WITH AKALI



MOBILITY STRETCH

STRETCH WITH JINX



STRETCH WITH GANYU

LOWER BODY STRETCH

