

WORKOUT CALENDAR

AUGUST 2024

Train with Diluc



WHAT'S NEW?

Hey my floofs !! Welcome to the August 2024 Workout Calendar with Diluc. This month we're experimenting with Wall Pilates !

Gentle Strength, Powerful Results

Wall pilates—a fusion of strength-building exercises and mindful movement. Whether you're a seasoned fitness enthusiast or just stepping back into the groove after surgery or a hiatus, this calendar has something special for you.

This month:

- We're going for low impact, high rewards: Wall pilates is all about working smarter, not harder. It's kind to your joints while still delivering impressive results.
- Recovery-Friendly workouts, recipes and tips: Nourishing your body during recovery is central. That's why this calendar includes delicious, healing recipes designed to support your post-surgery journey.

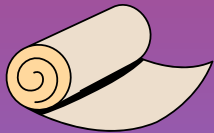
INSTRUCTION



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 CALENDAR

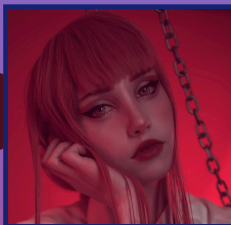
AUGUST 2024 *Train with Diluc*



SUN	MON	TUE	WED	THU	FRI	SAT
				1 TRAIN WITH DILUC FULL BODY	2 TRAIN WITH DILUC CORE	3 
4 PICK FROM THE STRETCHING MENU!	5 TRAIN WITH DILUC LOWER BODY	6 ARMS WITH AHRI	7 	8 TRAIN WITH DILUC FULL BODY	9 TRAIN WITH DILUC CORE	10 
11 PICK FROM THE STRETCHING MENU!	12 TRAIN WITH DILUC LOWER BODY	13 ARMS WITH JINX	14 	15 TRAIN WITH DILUC FULL BODY	16 TRAIN WITH DILUC CORE	17 
18 PICK FROM THE STRETCHING MENU!	19 TRAIN WITH DILUC LOWER BODY	20 ARMS WITH AKALI	21 	22 TRAIN WITH DILUC FULL BODY	23 TRAIN WITH DILUC CORE	24 
25 PICK FROM THE STRETCHING MENU!	26 TRAIN WITH DILUC LOWER BODY	27 ARMS WITH MAKIMA	28 	29 TRAIN WITH DILUC FULL BODY	30 TRAIN WITH DILUC CORE	31 

STRETCHING MENU

STRETCH WITH MAKIMA



LOWER BODY STRETCH

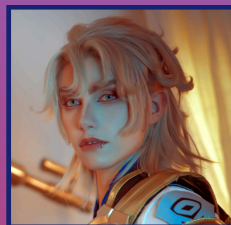


STRETCH WITH YANG



UPPER BODY STRETCH

LOWER BODY STRETCH



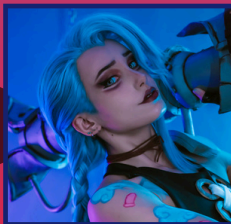
STRETCH WITH AKALI



MOBILITY STRETCH



STRETCH WITH JINX



STRETCH WITH GANYU



LOWER BODY STRETCH





WORKOUTS

This section will be about the new workouts of the month

FULL BODY TONE

Duration 21 mins

Exercise

Wall shoulder tap alt.
Wall cobra push-up
Cross oblique lift
Wall reverse plank leg lift Alt.
Wall chair Back press
Wall wide push-up

Do it 3 times!

45s work for 15s rest

CORE

Duration 18 mins

Exercise

Wall butterfly hip thrust
Wall leg lift Alt.
Oblique wall hip touches
Wall elevated knee lift
Wall walk up
Wall hip twist

Do it 3 times

45s work for 15s rest

LOWER BODY

Duration 18 mins

Exercise

Lunge to forward fold Alt.
Wall hip thrust
Wall squat to leg lift alt.
Single leg hip thrust (L-R)
Wall calf raise

Do it 3 times!

45s work for 15s rest



RECIPES

PROMOTE POST-SURGERY HEALING

Keep your body stable with the right nutrients for recovery

Proper nutrition plays a crucial role in supporting post-surgery healing. When your body is recovering, there are specific nutrients you should focus on to optimize wound healing and tissue repair. I will be making a more detailed post relating to my own surgeries later on Patreon, but for now, here are the basics.

INGREDIENTS: WHAT TO LOOK FOR

- **Protein** – Your superhero when it comes to tissue repair. It helps build, maintain, and repair body tissues, including skin. (Examples: lean meats, poultry, fish, eggs, dairy products, legumes, and nuts.)
- **Vitamins and Minerals:**
 - **Vitamin A:** Essential for skin health and wound healing. (Sweet potatoes, carrots, spinach, and other leafy greens)
 - **Vitamin C:** Boosts collagen production and supports the immune system. (Oranges, strawberries, bell peppers, and broccoli are excellent sources)
 - **Vitamin E:** An antioxidant that helps protect cells during the healing process. (Nuts, seeds, and vegetable oils contain vitamin E.)
 - **Vitamin D:** Helps with bone health and overall healing. Get some sunlight or consider vitamin D supplements if needed.
- **Zinc:** Crucial for wound healing and immune function. Include zinc-rich foods like meat, shellfish, nuts, and whole grains.
- **Copper:** Supports collagen formation. You'll find it in nuts, seeds, and whole grains.
- **Selenium:** An antioxidant that aids in tissue repair. Brazil nuts, fish, and whole grains are good sources.
- **Iron:** Necessary for oxygen transport and wound healing. Include lean meats, beans, and fortified cereals.
- **Omega-3 Fatty Acids:** Found in fatty fish (like salmon), flaxseeds, and walnuts. They have anti-inflammatory properties.

ANTI-INFLAMMATORY AND ANTI-SWELLING FOOD

- **Ginger:** Known for its anti-inflammatory properties. Add it to teas, soups, or stir-fries.
- **Turmeric:** Contains curcumin, which has powerful anti-inflammatory effects. Use it in curries or golden milk.
- **Garlic:** Not only adds flavor but also supports gut health and has mild anti-inflammatory properties.
- **Hydration:** Staying hydrated is essential for all bodily functions, including wound healing. Aim for plenty of water throughout the day. It helps minimize the risk of infection. It is critical for healing.
- **Pumpkins and other orange squash:** This one is very popular in Korea after surgeries for its many anti-inflammatory and anti-swelling properties.



Beef seaweed soup



Ingredients:

- Beef cubes
- Parsley
- Sesame seeds
- 16 g dried Seaweed, soaked in cold water for 30 min
- 8 cups of water
- Minced garlic
- 2 teaspoons fish sauce
- 2 teaspoons of soy sauce
- 2 teaspoons of sesame oil

Instruction:

1. In a large pot. Add the water. Cover and bring it to a boil for about 10 min
2. Turn down the heat to medium. Add the beef, cover for 40 min
3. Add the garlic, soy sauce and fish sauce. Cook 10 minutes
4. Add the sesame oil and parsley, serve

Fluffy's Bibimbap



Ingredients:

- Eggs
- Carrots
- Spinach
- Shitake mushroom
- Oven roasted Chicken (45 min, 425 °F in the oven)
- Zucchini
- Cucumbers
- Cooked Rice or Quinoa
- Sesame oil
- Soy sauce

Instruction:

1. Cut in the desired shape all the vegetables
2. Stir fry the veggies in a pan for 5 minutes with a bit of soy sauce and sesame oil.
3. Cook the egg
4. Serve!

Fish cubes with veggies and Quinoa



Ingredients:

- Trout or Salmon cubes
- Ginger (minced)
- Sesame oil
- Lemon Juice
- Soy sauce
- Parsley
- Veggie mix of your choice, here I chose radish, carrot, green beans and zucchinis)
- Quinoa
- Onion

Instruction:

1. In a bowl, combine the soy sauce, sesame oil, canola oil, lemon juice and ginger, add fish cubes and let marinate for 2 hours in the fridge.
2. In a pan, heat up some canola oil over medium heat and brown onions. Add pre-cooked Quinoa and stir for 1 min until lightly roasted.
3. Add chicken broth and veggies then bring to a boil, cover and cook over low heat for 15 min
4. In a pan, cooked the marinated salmon, then serve

Roasted chicken & white beans



Ingredients:

- White Beans
- Zucchini, radish
- Parsley
- Roasted Chicken
- Garlic, minced
- 1 onion, sliced
- Lemon Juice
- Salt, pepper, garlic powder, Paprika
- Olive oil
- 1/2 cup chicken broth

Instruction:

1. Preheat the oven to 425°F
2. Season the chicken with Paprika, herbs, Salt, pepper and garlic powder
3. Place the chicken, breast-side down, in the oven on the olive oil, parchment paper and brown the skin for 4 to 5 minutes. Turn the chicken over and brown the back.
4. Scatter the veggies and add the broth. Bake for 45 mins.
5. Add the white beans and lemon juice and cook for an additional 30 minutes.
6. Uncover and let the chicken cool for 10 minutes before serving.