

## Workout Plan

Session 1 - 2025-05-11

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (3 sets, 12 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

Session 2 - 2025-05-13

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (3 sets, 13 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

Session 3 - 2025-05-15

Warmup:

- Jumping Jacks (1 sets, 10 reps)
- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (3 sets, 14 reps)

Cooldown:

- Chest Stretch (1 sets, 10 reps)

- Child's Pose (1 sets, 10 reps)

Custom:

#### Session 4 - 2025-05-17

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (3 sets, 15 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

#### Session 5 - 2025-05-19

Warmup:

- Jumping Jacks (1 sets, 10 reps)
- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (4 sets, 16 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

#### Session 6 - 2025-05-21

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (4 sets, 17 reps)

Cooldown:

- Chest Stretch (1 sets, 10 reps)
- Child's Pose (1 sets, 10 reps)

Custom:

Session 7 - 2025-05-23

Warmup:

- Jumping Jacks (1 sets, 10 reps)
- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (4 sets, 17 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

Session 8 - 2025-05-25

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (4 sets, 17 reps)

Cooldown:

- Chest Stretch (1 sets, 10 reps)
- Child's Pose (1 sets, 10 reps)

Custom:

Session 9 - 2025-05-27

Warmup:

- Jumping Jacks (1 sets, 10 reps)

- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (5 sets, 17 reps)

Cooldown:

- Chest Stretch (1 sets, 10 reps)
- Child's Pose (1 sets, 10 reps)

Custom:

Session 10 - 2025-05-29

Warmup:

- Jumping Jacks (1 sets, 10 reps)
- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (5 sets, 17 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

Session 11 - 2025-05-31

Warmup:

- Jumping Jacks (1 sets, 10 reps)
- Arm Circles (2 sets, 15 reps)

Main:

- Push-up (5 sets, 17 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom:

Session 12 - 2025-06-02

Warmup:

- Arm Circles (2 sets, 15 reps)
- Jumping Jacks (1 sets, 10 reps)

Main:

- Push-up (5 sets, 17 reps)

Cooldown:

- Child's Pose (1 sets, 10 reps)
- Chest Stretch (1 sets, 10 reps)

Custom: