

Day 8 Full Body Strength Workout

Warm-Up

Arm Circles

1 min rest in 1 min

Bodyweight Squats

2 sets of 10 reps

Arm Swings and light torso twists

1 min

Main Workout

Upper Body Superset

3 sets of 4-5 reps
or use band assist

Pull-Ups

3 sets 8-12 reps

Bent-Over Dumbbell Rows

3 sets 12-15 reps

Core and Stability

3 sets 12-15 reps

Seated Knee-Lift Crunches

3 sets 12-15 reps

Standing Side Crunches

3 sets 12-15 reps

Upper Body

3 sets 10-12 reps

Dumbbell Bench Press

2 sets 8-12 reps

Overhead Dumbbell Press

2 sets 8-12 reps

Cool-Down

Shoulder Stretch



Torso Twists

1 min hold



Chest Stretch

1 min hold



Deep Breathing

2 minute

