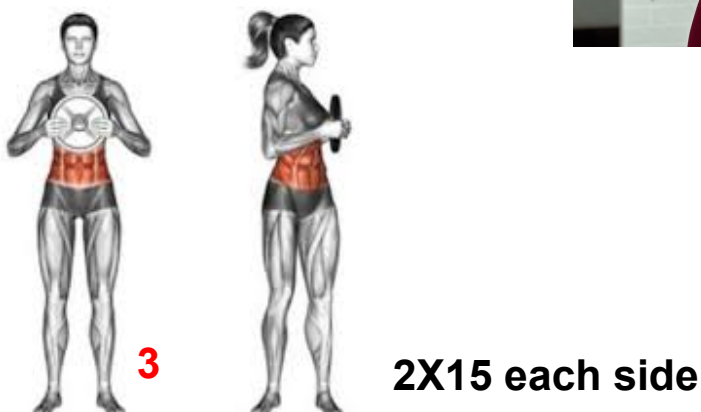
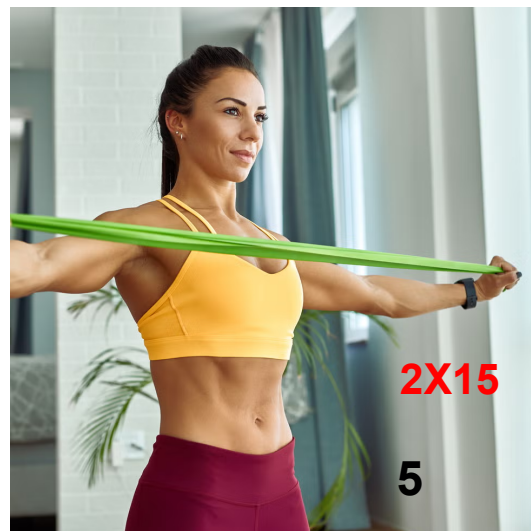


## Dynamic Warm-Up (With Variations)

- 1-Dynamic Arm Circles – 2 x 30 sec (forward/backward)
- 2-Wall Shoulder Slides – 2 x 10 reps
- 3-Standing Torso Twists – 2 x 15 each side
- 4-Scapular Wall Push – 2 x 10 reps (variation from regular push-ups)
- 5-Light Band Pull-Parts– 2 x 15 reps



## Day 6: Upper Body Strength & Core Focus

### Workout Focus:

- Upper body pushing and pulling
- Core strength
- Progressive overload for bench press and dumbbell overhead pull
- Right knee-friendly (no kneeling or weight on knees)
- Rest between sets included

### Workout Routine

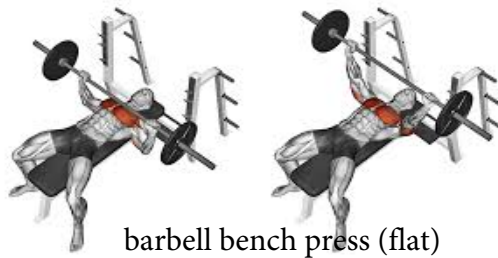
Exercise	Sets x Reps	Rest
<b>Barbell Bench Press (flat)</b>	<b>3 x 8-10 @ 30 lb/side</b>	<b>90 sec</b>
<b>Incline Dumbbell Press</b>	<b>3 x 10</b>	<b>60-90 sec</b>
<b>Dumbbell Overhead Pull</b>	<b>3 x 12</b>	<b>60 sec</b>
<b>Seated Dumbbell Row</b>	<b>3 x 12</b>	<b>60 sec</b>
<b>Dumbbell Side Raises</b>	<b>2 x 15</b>	<b>45-60 sec</b>
<b>Seated Knee-Lift Crunches</b>	<b>3 x 12-15</b>	<b>30-45 sec</b>
<b>Standing Side Crunches</b>	<b>2 x 15/side</b>	<b>30 sec</b>

### Notes

- Stick to controlled form, especially during core exercises.
- Avoid all kneeling or floor-loaded positions for knee safety.
- For progressive overload, track weight and reps. When 10 reps become easy on the bench press, increase

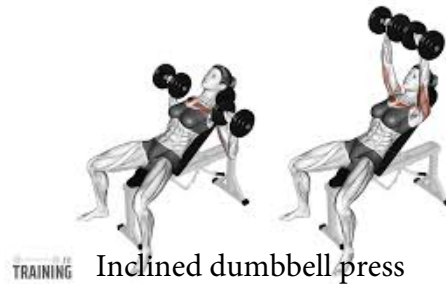
total load slightly.

- Bench Press and Overhead Pull will rotate through incline/dumbbell variations over time.



3x 8-10 @ 30 lb/side Rest 90 sec

barbell bench press (flat)



3X10 Rest 60-90 sec

Inclined dumbbell press



3X12 Rest 60 sec

Dumbbell overhead pull



3X12 Rest 60 sec

Seated dumbbell row



2X15 Rest 45-60 sec

dumbbell side raises



3X12-15 Rest 30-45 sec

Seated knee-left crunches

## Cool-Down Stretching (With Variations)

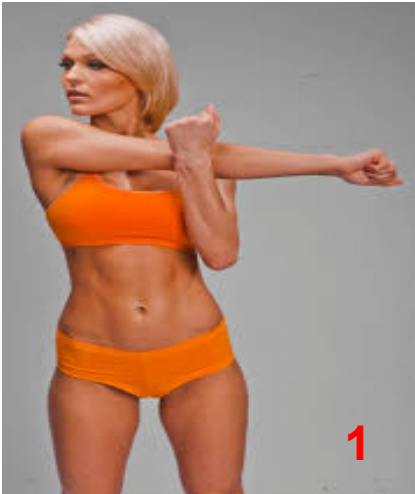
1-Cross-Body Shoulder Stretch – 2 x 20 sec per side (variation: seated)

2-Overhead Triceps Stretch – 2 x 20 sec per arm

3-Standing Wall Chest Stretch – 2 x 20 sec each side

4-Seated Side Bend – 2 x 15 sec per side (variation: standing version) Neck

5-Rolls – 3 slow rolls each direction



**2X20 sec per side**



**2X20 sec per arm**



**2X20 sec each side**



**2X15 sec per side**



**3 rolls each direction**