

Day 4: Knee-Light Full Routine (With Timings)

Warm-Up (5-6 Minutes)

Seated Arm Circles

Sit tall with arms extended to the sides. Make small circles forward for 30 seconds, then backward for 30 seconds. Perform for 1 minute unless otherwise noted.

Shoulder Rolls

Roll your shoulders forward for 30 seconds, then backward. Stay relaxed and breathe deeply. Perform for 1 minute unless otherwise noted.

Seated March with Toes Only

Sit on the edge of a chair. Tap your toes up and down quickly, keeping your heels lightly grounded. Perform for 1 minute unless otherwise noted.

Standing Arm Swings

Stand upright and gently swing your arms forward and backward like a pendulum. Perform for 1 minute unless otherwise noted.

Neck Mobility

Tilt your neck side-to-side, forward and backward, then do slow rotations. Hold each position 5-10 seconds. Perform for 1 minute unless otherwise noted.

Strength Routine (Knee-Light)

Complete 2-3 sets of 10-12 repetitions for each exercise. Rest 30-60 seconds between exercises.

Seated Overhead Dumbbell Press

Sit upright on a chair with back support. Press dumbbells overhead, keeping your core tight and feet flat.

Standing Bicep Curl

Stand tall. Keep knees soft but straight. Curl dumbbells to shoulders while keeping elbows by your sides.

Seated Band Pull-Apart

Sit with good posture. Hold a resistance band and pull it apart to shoulder width, squeezing shoulder blades.

Standing Band Chest Press

Anchor band behind you. Press it forward at chest height. Control your return slowly.

Seated Dumbbell Lateral Raise

Sit upright. Raise dumbbells out to shoulder height, then lower with control.

Standing Pallof Press

Anchor band at your side. Hold at chest and press straight out, engaging your core to resist rotation.

Wall Angels

Stand with back against a wall. Slowly raise and lower arms in a goalpost shape while keeping them against the wall.

Cool-Down Stretching (5-8 Minutes)

Hold each stretch for 20-30 seconds per side or position. Repeat 1-2 rounds.

Seated Chest Stretch

Clasp hands behind your back or grab the chair sides. Lift your chest gently and hold.

Overhead Reach Stretch

Seated or standing, lift one arm overhead and gently bend sideways. Repeat each side.

Seated Spinal Twist

Sit upright, twist gently to one side while holding the back of the chair. Switch sides.

Wrist and Forearm Stretch

Extend one arm forward, palm up. Use the other hand to gently pull the fingers back.

Wall Pec Opener

Stand next to a wall. Place one hand on it at shoulder height and turn your body slightly away.