

Day 11: Full Upper Body Strength & Core

Warm-Up (5 mins total)

- Seated Arm Circles (Fwd & Bwd) — 30 sec each direction
- Standing March with Arm Swings — 1 min
- Wall Shoulder Rolls — 15 reps
- Standing Side Bends — 12 reps per side

Main Workout

Bench Press

3 sets × 8–10 reps — 1 min rest

Weight Used: 30 lb each side

Incline Dumbbell Press

3 sets × 10–12 reps — 1 min rest

Weight Used: 20 lb each

Pull-Ups (or Assisted)

3 sets × 6–8 reps — 1 min rest

Weight Used: Bodyweight

Dumbbell Overhead Pull

3 sets × 12 reps — 1 min rest

Weight Used: 15 lb kettlebell

Standing Side Crunches

3 sets × 20 reps total — 1 min rest

Weight Used: Bodyweight

Cool-Down (4 mins)

- Chest Stretch (Wall/Doorway) — 30 sec each side
- Seated Forward Fold — 1 min
- Wall Lat Stretch — 30 sec each side
- Child's Pose — 1 min