

Day 6: Shoulder & Arm Strength Routine (Illustrated)

Warm-Up (5 minutes)

- Arm Circles (standing)
- Torso Twists
- Ankle Rolls
- Overhead Reach with Side Bend

Main Routine (3 Sets Each)

- Seated Overhead Press
- Front Shoulder Raise
- Lateral Shoulder Raise
- Standing Biceps Curl
- Seated Hammer Curl
- Standing Dumbbell Shrug

Cool-Down (5-7 minutes)

- Seated Forward Fold
- Neck Stretch (Side Tilt)
- Shoulder Stretch Across Body
- Overhead Triceps Stretch
- Chest Stretch (Wall or doorway)

Warm-Up

- Arm Circles (standing)
- Torso Twists
- Ankle Rolls
- Overhead Reach with Side Bend

Main Exercises (Day 6)

- Seated Overhead Press
- Front Shoulder Raise
- Lateral Shoulder Raise
- Standing Biceps Curl
- Seated Hammer Curl
- Standing Dumbbell Shrug

Cool-Down Stretches

- Seated Forward Fold
- Neck Stretch (Side Tilt)
- Shoulder Stretch Across Body
- Overhead Triceps Stretch
- Chest Stretch (Wall or doorway)