

## **Day 5: Strength & Core Routine (Knee-Friendly)**

### **Warm-Up (No Knee Strain)**

- Arm Circles: 30 seconds each direction
- Shoulder Rolls: 30 seconds each way
- Neck Tilts & Turns: 30 seconds total
- Torso Twists (Standing): 1 minute
- Wrist Rolls: 30 seconds each direction

### **Strength & Core (Knee-Friendly)**

#### **Seated Overhead Press**

3 sets of 10-12 reps

#### **Wall Push-Ups**

3 sets of 10-15 reps

#### **Seated Bicep Curls**

3 sets of 12 reps

#### **Standing Lateral Raises**

3 sets of 10-12 reps

#### **Seated Russian Twists (feet on floor)**

3 sets of 15 reps per side

#### **Standing Oblique Side Bends**

3 sets of 12 reps per side

#### **Seated Leg Lifts (minimal elevation)**

3 sets of 10 per leg

### **Cool Down (Seated/Standing)**

- Seated Forward Fold: 30 seconds
- Chest Opener Stretch (Wall or Standing): 30 seconds
- Wrist Flexor Stretch: 20 seconds per side
- Side Neck Stretch: 20 seconds per side
- Deep Breathing (Seated or Standing): 1-2 minutes