

Day 7: Core & Upper Body Strength Routine (No Knee Stress)

Warm-Up (5 minutes)

- Overhead Reach with Side Bend - 1 min
- Arm Swings (Front to Back) - 1 min
- Torso Circles - 1 min
- Neck Rolls - 1 min
- Seated Shoulder Rolls - 1 min

Upper Body Strength (3 sets each)

- Bench Press (Barbell or Dumbbells) - 10-12 reps
- Incline Dumbbell Press - 10-12 reps
- Dumbbell Overhead Pull - 12 reps
- Seated Dumbbell Curl - 10 reps
- Dumbbell Lateral Raise - 10 reps
- Rest 60 seconds between exercises

Core Focus (No Knee Load)

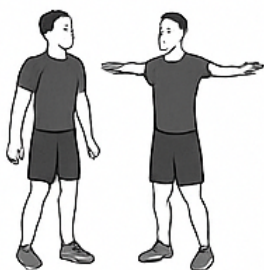
- Seated Knee-Lift Crunch - 15 reps
- Standing Side Crunch - 15 reps each side
- Seated Russian Twist (no weight or light weight) - 20 reps
- Overhead Dumbbell Hold with Side Bends - 10 reps each side

Cool-Down (5-7 minutes)

- Seated Forward Fold - 1 min
- Overhead Triceps Stretch - 1 min
- Side Neck Tilt - 1 min
- Chest Stretch in Doorway - 1 min
- Torso Twist Stretch (seated or standing) - 1 min

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Warm-Up



Arm Swings
5 times,
each direction



Shoulder Rolls
8 to 10 re
then, switch



Side Bends
5 re side



Torso Rotations
10 rep. each

Workout

- Dumbbell Bench Press 3 x 8-10
- Incline Dumbbell Press 3 x 8-10
- Dumbbell Pullover 3 x 10-12
- Dumbbell Curl 3 x 10-12
- Dumbbell Skull Crusher 3 x 8-10
- Rest 60-90 seconds
- Rest

Cool-Down



Seated Forward Fold
20-30 seconds



**Side-to-Side
Neck Stretch**
Hold 15-20 sec.
per side



**Cross-Body Arm
Stretch**
Hold 20-30 sec
per arm



**Overhead Triceps
Stretch**
Hold 20-30 sec
per side



Side Neck Stretch
Hold 15-20 sec
per side



**Upper Back
Stretch**
Hold 20-30 sec