

DAY 17: FULL BODY STRENGTH + FLEXIBILITY

WARM-UP (5 Minutes)

#	Exercise	Time	Focus
1	Arm Circles (Forward/Backward)	30 sec each	Shoulder mobility
2	Knee March in Place	1 min	Cardio, hip activation
3	Wall Shoulder Slide	1 min	Shoulder blade stability
4	Bodyweight Good Mornings	1 min	Hamstring & glute priming
5	Standing Cat-Cow	1 min	Spinal mobility + breathing

MAIN WORKOUT

#	Exercise	Sets	Reps	Rest
1	Wall Squats + Arm Raise	2	12 reps	30 sec
2	Seated Overhead Press	3	10 reps	45 sec
3	Standing Side Crunches	3	15/side	30 sec
4	Wall Push-Ups / Bench Press	3	10 reps	45 sec
5	Plank Shoulder Taps	2	12/side	30 sec
6	Overhead Dumbbell Pull	3	12 reps	60 sec

COOL-DOWN (3+ Minutes)

#	Stretch	Time	Benefit
1	Wall Calf Stretch	30 sec/leg	Lower leg release
2	Hamstring Forward Fold	45 sec	Posterior chain recovery
3	Child's Pose	60 sec	Spine decompression