

## Warm-Up (5 minutes)

- Arm Circles - **30** sec forward, **30** sec backward
- March in Place with Arm Swings - **1** min
- Cat-Cow (Standing) - **1** min
- Glute Bridges - **1** min
- Standing Knee Raises - **1** min

## Superset Circuit (40 minutes)

### 1A. Bench Press (Superset with 1B)

- Sets/Reps: **3 x 10**
- Weight: **25–30** lb per side
- Rest: **30** sec between supersets

### 1B. Bent-Over Row

- Sets/Reps: **3 x 10**
- Weight: **20–25** lb

### 2A. Goblet Squats (Superset with 2B)

- Sets/Reps: **2 x 12**
- Weight: **20–25** lb
- Rest: **30** sec between supersets

### 2B. Dumbbell Overhead Pull

- Sets/Reps: **2 x 12**
- Weight: **15–20** lb

### 3. Pull-Ups (or Assisted)

- Sets/Reps: **2 x 6–8**
- Weight: Bodyweight or assisted
- Rest: **90** sec

### 4. Romanian Deadlifts

- Sets/Reps: **2 x 12**
- Weight: **25–30** lb
- Rest: **60** sec

### 5. Standing Lateral Raises

- Sets/Reps: **2 x 12**
- Weight: **10–12** lb
- Rest: **30** sec

## Core Finisher (6 minutes)

- Hanging Knee Raises or Seated Crunch - **2 x 12–15**

- Standing Side Crunches - **2** rounds x **30** sec/side
- Single-Leg Glute Bridges - **1 x 10**/leg

### **Cool-Down (6 minutes)**

- Forward Fold - **1** min
- Chest Opener - **1** min
- Hip Flexor Stretch - **1** min (**30** sec/side)
- Calf Stretch - **1** min (**30** sec/side)
- Deep Breathing - **2** min

### **Target Duration**

**Total Time: ~40–45 minutes**