

Day 12: Strength from the Center

Jenny Prime Workout Routine

Warm-Up



Arm Circles
30 sec for ad
30 sec bwkw



Standing
Torso Twists
1 min rec



Bent-Over
Row
3 set 8-12 reps



Standing Knee
Raises
3 set 12-15 rps

Main Strength Circuit



Bench Press
3 set 8-12 reps



Standing
Lateral Raizes
3 set 8-12 reps



Hanging Knee
Raises
3 set 12-15 reps



Pull-Ups
3 set 3-7 rep

Cool-Down



Slow Standing
Side Crunches
30 sec/cad 2 rounds



Cool+ Grest
Cool-Down



Deep controlled
Breathing
1 min



Core +
Breath Finisher
1 min - 2 x

Cool-Down

Warm-Up (5 minutes)

- Arm Circles - 30 sec forward, 30 sec backward
- Standing Torso Twists - 1 min
- March in Place with Arm Swings - 1 min
- Cat-Cow on Wall or Standing - 1 min
- Standing Knee Raises - 1 min

Main Strength Circuit

1. Bench Press - 3x8-12 (30 lb/side) | Rest 60 sec
2. Dumbbell Overhead Pull (Pullover) - 3x10-15 (15 lb) | Rest 45 sec
3. Bent-Over Row - 3x8-12 (20 lb) | Rest 60 sec
4. Standing Lateral Raises - 3x12-15 (10 lb) | Rest 30 sec
5. Pull-Ups - 3x3-7 reps | Rest 90 sec
6. Hanging Knee Raises or Seated Core Crunch - 3x12-15 | Rest 45 sec

New Additions for Optimization

7. Romanian Deadlifts - 3x10-12 (25-30 lb) | Rest 60 sec
8. Goblet Squats - 3x10-12 (20-25 lb) | Rest 60 sec
9. Bird Dogs - 2x10 per side | Rest 30 sec

Core + Breath Finisher

- Slow Standing Side Crunches - 30 sec/side x 2 rounds
- Deep Controlled Breathing - 1 min (rib expansion)

Cool-Down (5 minutes)

1. Shoulder Wall Stretch - 1 min
2. Forward Fold - 1 min
3. Standing Chest Opener - 1 min
4. Calf Stretch Against Wall - 1 min (30 sec/side)

Program Strategy

- Frequency: 2-3x/week
- Progression: Increase weights after reaching top rep range
- Deload: Every 4-6 weeks
- Recovery: Prioritize sleep, hydration, and protein intake