

Jenny Prime Workout Routine - Day A

Heavy Compounds Focus (6-8 Reps)

Date: July 13, 2025

Frequency: 2-3x per week (alternating with Day B)

Warm-Up (7 minutes)

- Arm Circles - 30 sec forward, 30 sec backward
- Standing Torso Twists - 1 min
- March in Place with Arm Swings - 1 min
- Cat-Cow (Standing) - 1 min
- Leg Swings - 1 min (front/back, side to side)
- Glute Bridges - 1 min
- Standing Knee Raises - 1 min

Main Strength Circuit

1. Bench Press

- Sets/Reps: 3 x 6-8
- Weight: 35-40 lb per side
- Rest: 2-3 minutes
- Focus: Controlled descent, explosive press

2. Pull-Ups

- Sets/Reps: 3 x 3-5
- Weight: Bodyweight (add weight if needed)

- **Rest:** 2-3 minutes
- **Focus:** Full range of motion, controlled movement

3. Bent-Over Row

- **Sets/Reps:** 3 x 6-8
- **Weight:** 25-30 lb
- **Rest:** 2 minutes
- **Focus:** Squeeze shoulder blades, control the weight

4. Romanian Deadlifts

- **Sets/Reps:** 3 x 6-8
- **Weight:** 30-35 lb
- **Rest:** 2 minutes
- **Focus:** Hip hinge pattern, hamstring stretch

5. Goblet Squats

- **Sets/Reps:** 3 x 6-8
- **Weight:** 25-30 lb
- **Rest:** 90 seconds
- **Focus:** Deep squat, chest up

6. Walking Lunges

- **Sets/Reps:** 3 x 6-8 per leg
- **Weight:** 15-20 lb dumbbells
- **Rest:** 90 seconds
- **Focus:** Balance and control

Core Finisher (8 minutes)

1. Hanging Knee Raises

- **Sets/Reps:** 3 x 8-12
- **Rest:** 60 seconds
- **Focus:** Control the swing, engage core

2. Bird Dogs

- **Sets/Reps:** 2 x 8 per side
- **Rest:** 30 seconds
- **Focus:** Stability and balance

3. Slow Standing Side Crunches

- **Sets/Reps:** 2 rounds x 30 sec per side
- **Rest:** 30 seconds between rounds
- **Focus:** Mind-muscle connection

Enhanced Cool-Down (8 minutes)

1. **Shoulder Wall Stretch** - 1 min
2. **Forward Fold** - 1 min
3. **Standing Chest Opener** - 1 min
4. **Hip Flexor Stretch** - 1 min (30 sec per side)
5. **Calf Stretch Against Wall** - 1 min (30 sec per side)
6. **Thoracic Spine Twist** - 1 min (30 sec per side)
7. **Deep Controlled Breathing** - 2 min

Progression Guidelines

- **Weight Increases:** After completing 3 sets of 8 reps with good form

- **How Much:** Add **2.5-5** lbs for compound movements
- **Timeline:** Progress every **2-3** weeks
- **RPE Target:** **7-8** out of **10** (**2-3** reps left in tank)

Nutrition & Recovery

- **Pre-Workout:** Light carbs **30-60** min before
- **Post-Workout:** Protein within **30** min
- **Hydration:** **16-20** oz water during workout
- **Sleep:** **7-9** hours nightly
- **Deload:** Every **4-6** weeks reduce intensity by **20%**

Progress Tracking

- ☐ Weight used for each exercise
- ☐ Reps completed
- ☐ RPE (Rate of Perceived Exertion)
- ☐ Energy level (**1-10**)
- ☐ Notes on form/technique