

Tonight's Workout: Full Body Strength + Core Control + Flexibility ((made By Jenny Prime))

WARM-UP (6 Minutes)

- Arm Circles – 30 sec each direction
- Wall Shoulder Slides – 1 min
- March in Place with Arm Swings – 1 min
- Standing Cat-Cow – 1 min
- Glute Bridges – 1 min
- Bodyweight Good Mornings – 1 min

MAIN STRENGTH CIRCUIT

- Bench Press – 3 sets × 6-8 reps @ 35-40 lb/side – Rest: 2 minutes
- Pull-Ups (or Assisted) – 3 sets × 3-5 reps – Rest: 90 sec
- Bent-Over Rows – 3 sets × 8-10 reps @ 25-30 lb – Rest: 60 sec
- Goblet Squats – 3 sets × 8-10 reps @ 25-30 lb – Rest: 90 sec
- Overhead Dumbbell Pull (Pullover) – 3 sets × 12 reps @ 15 lb – Rest: 45 sec
- Standing Side Crunches – 3 sets × 15 reps/side – Rest: 30 sec

CORE FINISHER (No Knee Pressure)

- Hanging Knee Raises – 3 sets of 10-12 reps
- Plank Shoulder Taps – 2 sets of 12 taps/side
- Slow Standing Side Crunches – 2 rounds × 30 sec/side

COOL-DOWN (6 Minutes)

- Wall Calf Stretch – 30 sec per leg
- Hamstring Forward Fold – 45 sec
- Child's Pose – 60 sec
- Shoulder Wall Stretch – 1 min
- Deep Controlled Breathing – 2 min