

Day 2: Strength + Core Activation Routine

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Goal: Build total-body strength, improve core engagement, and support fat loss.

All exercises are designed to be joint-friendly and use your home equipment.

Timing:

- Work: 40 seconds per exercise
- Rest: 20 seconds between exercises
- Rest: 60 seconds between rounds

Warm-Up (5-7 minutes)

- March or Jog in Place - 1 min
- Shoulder Rolls - 30 sec each direction
- Hip Circles - 30 sec each direction
- Arm Swings + Hug Wrap - 1 min
- Air Squats (slow) - 2 sets of 10

Strength & Core Circuit (30-35 minutes) - 2 Rounds

1. Goblet Squat (Dumbbell or Kettlebell)

- Hold weight at chest, squat slowly, keep back straight.

2. Bent Over Row (Straight Bar or Dumbbells)

- Hinge at hips, pull weight toward your ribs, squeeze shoulder blades.

3. Wall Push-Ups or Incline Push-Ups

- Choose angle based on strength. Keep elbows at 45 degrees.

4. Dumbbell Deadlift

- Feet hip-width, lower weights to mid-shin, stand tall by driving hips forward.

5. Seated Overhead Press (Dumbbells)

- Sit upright, press weights overhead without arching back.

6. Bird Dog (on Mat)

- On hands and knees, extend opposite arm and leg. Hold briefly, switch sides.

7. Glute Bridge (on Mat)

- Lie on back, feet flat, lift hips up by squeezing glutes.

8. Standing Band Row (Stretch Band)

- Anchor band, step back, pull to ribs with elbows close.

Finisher: Core Stability (6-8 minutes)

- Dead Bug (on Mat) - 3 sets of 8 reps per side
- Side Plank (Knees Down if Needed) - 2 x 20 sec/side

Cooldown & Stretch (5-7 minutes)

- Standing Hamstring Stretch - 30 sec/leg
- Chest Opener (Doorway Stretch) - 30 sec
- Seated Spinal Twist - 30 sec/side
- Child's Pose - 1 min
- Deep Breathing - 2 min

Tips:

- Prioritize form over speed or weight.
- Modify range or use support if needed.
- Keep breathing steady through each rep.