## Day 4: Strength + Core Power Routine

Day 4: Strength + Core Power Routine (45-55 Minutes)

Goal: Build total-body strength with special focus on core stability and function.

Warm-Up (5-7 minutes)

- Arm Circles + Shoulder Rolls 1 min
- Standing Knee Hugs + Twist 1 min
- March or Jog in Place 1 min
- Hip Circles 30 sec each direction
- Air Squats 2 sets of 10

Main Circuit (30-35 minutes) - 2 Rounds

Work: 40 sec, Rest: 20 sec | Rest 60 sec between rounds

1. Dumbbell Goblet Squat - Hold weight at chest, squat with control.



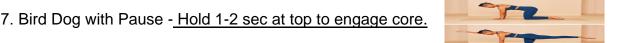
2. Bent Over Row (Straight Bar or Dumbbells) - Pull to ribs, squeeze shoulder blades.



- Incline Push-Ups Use bench or wall if needed.
- eeded.
- 4. Glute Bridge with March Hold bridge, alternate lifting feet.
- 5. Standing Band Row Pull stretch band to ribs, elbows tight.



6. Kettlebell Deadlift - Hinge at hips, keep back straight, drive hips forward.



8. Seated Overhead Press (Dumbbells) - Press without arching back.



Core Power Finisher (8-10 minutes)

- Dead Bug - 3 x 8 reps/side (control is key)



- Side Plank (Knees or Feet) - 2 x 20-30 sec/side



- Glute Bridge Hold - Hold for 30-45 sec (tight glutes/core)



- Standing Woodchop with Band or Dumbbell - 2 x 8 reps/side



## Cooldown (5-7 minutes)

- Hamstring Stretch - 30 sec per leg



- Thread the Needle - 30 sec per side



- Doorway Chest Stretch - 30 sec per side





- Deep Breathing - 2 min

## Tips:

- Focus on breathing and posture during core moves.
- Keep movements slow and deliberate.
- You can alternate between this and earlier strength routines.