

Day 4: Strength + Core Power Routine

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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.



3. Incline Push-Ups - Use bench or wall if needed.



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.



7. Bird Dog with Pause - Hold 1-2 sec at top to engage core.



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



- Child's Pose - 1 min



- 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.