

# Day 10: Active Recovery Routine (Final)

## Warm-Up:

Neck Rolls – 1 min (Rest: None)

## Warm-Up:

Shoulder Rolls (forward & backward) – 1 min (Rest: None)

## Warm-Up:

Standing Arm Swings – 1 min (Rest: None)

## Warm-Up:

Marching in Place with Arm Swings – 2 min (Rest: None)

## Mobility & Stretching:

Seated Forward Fold – 2 x 30 sec hold (Rest: 15 sec)

## Mobility & Stretching:

Cat-Cow Stretch – 2 x 10 reps (Rest: 15 sec)

## Mobility & Stretching:

Wall Chest Opener – 2 x 30 sec each side (Rest: 15 sec)

## Strength:

Wall Push-Ups (or Bench Press) – 2 x 12 reps (Rest: 30 sec)

## Strength:

Seated Bicep Curls (light weight) – 2 x 12 reps (Rest: 30 sec)

## Core Activation:

Seated Knee-Lift Crunches – 2 x 15 reps (Rest: 30 sec)

## Core Activation:

Standing Side Crunches – 2 x 15 each side (Rest: 30 sec)

## Cool-Down:

Deep Breathing & Arm Raise – 2 min (Rest: None)

## Cool-Down:

Torso Twists (standing) – 1 min (Rest: None)