

Day 9 Full Body Strength Workout

Warm-Up

Arm Circles

Bodyweight Squats

Arm Swings

1 min

2 × 10 reps

1 min



Legs & Glutes

Goblet Squats

Glute Bridges

3 × 10–12 reps

3 × 45 reps

3 × 45 reps



Plank

Glute Bridges

3 × 45 sec

2 × 45 reps

Upper Body Finish

Dumbbell Shoulder Press

Triceps Overhead Extensions

2 × 8–12

2 × 60 sec



Cool-Down

Shoulder Stretch

1 min hold



Chest Stretch

1 min hold



Torso Twists

2 min hold

Deep Breathing

2 minute