# Day **12**: Strength from the Center

Jenny Prime Workout Routine  
Generated on June **30**, **2025** — **05:34** PM

Warm-Up (**5** minutes)

**1**. Arm Circles – **30** sec forward, **30** sec backward

**2**. Standing Torso Twists – **1** min

**3**. March in Place with Arm Swings – **1** min

**4**. Cat-Cow on Wall or Standing – **1** min

**5**. Standing Knee Raises – **1** min

**Main Strength Circuit**

**1**. Bench Press – **3** sets of **10** reps (**30** lb each side) – Rest **60** sec

**2**. Dumbbell Overhead Pull – **3** sets of **10** reps (**15** lb) – Rest **45** sec

**3**. Bent-Over Row – **3** sets of **10** reps (**20** lb) – Rest **60** sec

**4**. Standing Lateral Raises – **3** sets of **12** reps (**10** lb) – Rest **30** sec

**5**. Hanging Knee Raises or Seated Core Crunch – **3** sets of **12** reps – Rest **45** sec

**6**. Pull-Ups – **3** sets of **3**–**5** reps (Bodyweight) – Rest **90** sec

**Core + Breath Finisher**

**1**. Slow Standing Side Crunches – **30** sec/side x **2** rounds

**2**. Deep Controlled Breathing – **1** min (focus on rib expansion)

Cool-Down (**5** minutes)

**1**. Shoulder Wall Stretch – **1** min

**2**. Forward Fold (Hamstring Stretch) – **1** min

**3**. Standing Chest Opener – **1** min

**4**. Calf Stretch Against Wall – **1** min/side