# Day 13: Balanced Power & Recovery

Jenny Prime Workout Routine  
Generated on June 30, 2025 — 06:03 PM

**Warm-Up (5 minutes)**

**1**. Shoulder Rolls — **30** sec each direction

**2**. March in Place — **1** min

**3**. Side-to-Side Arm Swings — **1** min

**4**. Wall Angels — **1** min

**5**. Standing Calf Raises — **1** min

**Strength & Stability Circuit**

**1**. Incline Dumbbell Press — **3** sets of **10** reps (**20** lb each) — Rest **60** sec

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

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

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

**5**. Pull-Ups — **3** sets of **4** reps (Bodyweight) — Rest **90** sec

**Core Focus Finisher**

**1**. Standing Side Crunches — **2** sets of **12** reps/side

**2**. Seated Knee-Lift Crunch — **2** sets of **15** reps

**Cool-Down (5 minutes)**

**1**. Wall Chest Opener — **1** min

**2**. Forward Fold with Arm Drop — **1** min

**3**. Standing Quad Stretch — **1** min/side

**4**. Shoulder Cross-Body Stretch — **1** min