# Day 15 – Strength & Flexibility Alternate Routine

## WARM-UP (5 Minutes Total)

* Arm Circles – 30 seconds each direction
* March in Place – 1 minute
* Shoulder Rolls – 30 seconds forward / 30 seconds backward
* Hip Circles – 30 seconds
* Standing Toe Touch Reaches – 1 minute

## MAIN WORKOUT

* Incline Dumbbell Chest Press – 3 sets of 10 reps
* Seated Arnold Press – 3 sets of 10 reps
* Standing Biceps Curl to Press – 3 sets of 10 reps
* Resistance Band Lat Pull-Down (Seated) – 3 sets of 12 reps
* Single Arm Dumbbell Row (Supported) – 3 sets of 10 reps each side
* Kettlebell Front Raise – 2 sets of 12 reps
* Standing Side Leg Raises – 2 sets of 15 reps each side
* Wrist Curls (Forearms) – 2 sets of 15 reps

## CORE + FLEXIBILITY COMBO

* Seated Oblique Twists (Bodyweight or Light Dumbbell) – 3 sets of 15 reps
* Standing Overhead Reach + Side Bend Stretch – 2 sets of 30 seconds per side
* Calf Wall Stretch – 1 minute each side
* Doorway Chest Stretch – 1 minute
* Child’s Pose on Bed or Couch Edge – 1 minute