# Day 15: Upper Body Push Focus

Jenny Prime Workout Routine  
Generated on June 30, 2025 — 06:25 PM

**Warm-Up (5 minutes)**

**1**. Arm Circles — **30** sec each direction

**2**. Shoulder Taps (Wall or Elevated Surface) — **1** min

**3**. Band Pull-Aparts or Towel Stretch — **1** min

**4**. Standing Chest Opener Pulses — **1** min

**5**. March with Arm Swings — **1** min

**Push Strength Circuit**

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

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

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

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

**5**. Seated Dips (Chair or Bench) — **2** sets of **12** reps — Rest **45** sec

**Shoulder & Tricep Finisher**

**1**. Arm Haulers — **2** sets of **30** sec

**2**. Overhead Arm Stretch — **1** min per side

**Cool-Down (5 minutes)**

**1**. Wall Chest Stretch — **1** min

**2**. Shoulder Rolls — **1** min

**3**. Standing Neck Stretch — **1** min per side

**4**. Forward Arm Hangs — **1** min