# Day 17: Pull Strength & Postural Power

Jenny Prime Workout Routine  
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**Warm-Up (5 minutes)**

**1**. Shoulder Rolls — **1** min

**2**. Arm Swings — **1** min

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

**4**. Cat-Cow Flow (Standing) — **1** min

**5**. Scapular Squeezes — **1** min

**Back & Posterior Chain Circuit**

**1**. Bent-Over Rows — **3** sets of **10** reps (**20** lb dumbbells) — Rest **60** sec

**2**. Dumbbell Overhead Pull — **3** sets of **12** reps (**15** lb) — Rest **45** sec

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

**4**. Wall Angels — **2** sets of **12** reps — Rest **30** sec

**5**. Standing Band Rows (or substitute with towel) — **3** sets of **15** reps — Rest **45** sec

**Postural Control Finisher**

**1**. Standing Back Extensions — **2** sets of **10** reps

**2**. Chin Tucks + Wall Hold — **1** min

**Cool-Down (5 minutes)**

**1**. Forward Bend Arm Drop — **1** min

**2**. Wall Chest Opener — **1** min

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

**4**. Deep Breathing with Shoulder Drop — **1** min