Day 18 – Strength Variety + Core Stability + Flexibility

Jenny Prime Workout • Generated on July 30, 2025 — 05:25 PM

**WARM-UP (6 Minutes)**

• Arm Circles – 30 sec each direction

• Wall Cat-Cow – 1 min

• March in Place with Shoulder Rolls – 1 min

• Standing Hip Openers – 1 min (30 sec/side)

• Bodyweight Good Mornings – 1 min

• Wall Angels – 1 min

**MAIN STRENGTH CIRCUIT**

• Incline Dumbbell Press – 3 sets × 8 reps @ 30 lb total – Rest: 90 sec

• Assisted Pull-Ups (or Resistance Band Pulldown) – 3 × 5 reps – Rest: 90 sec

• Single-Arm Supported Row – 3 sets × 10 reps per side @ 25 lb – Rest: 60 sec

• Romanian Deadlifts – 3 sets × 10 reps @ 30 lb – Rest: 90 sec

• Dumbbell Front Raise – 2 sets × 12 reps @ 10 lb – Rest: 45 sec

• Standing Side Crunches – 3 sets × 15/side – Rest: 30 sec

**CORE FINISHER (No Hanging)**

• Seated Knee-Lift Crunches – 2 sets × 15 reps

• Plank Shoulder Taps – 2 sets × 10/side

• Standing Cross-Body Crunch – 2 rounds × 30 sec/side

**COOL-DOWN (6 Minutes)**

• Hamstring Forward Fold – 45 sec

• Wall Chest Stretch – 1 min

• Standing Quad Stretch – 30 sec per leg

• Wall Calf Stretch – 30 sec per leg

• Child's Pose – 1 min

• Diaphragmatic Breathing – 2 min