**Day 20: Full-Body Strength + Core Burn**

**Prepared by Jenny Prime |** August 04, 2025 – 04:28 PM

WARM-UP – 5 Minutes•

*(Repeat x2 rounds, no rest)*

• Arm Circles Forward + Backward – 30 sec

• Bodyweight Squats – 30 sec

• Torso Twists – 30 sec

• High Marches – 30 sec

• Wall Angels – 30 sec

MAIN WORKOUT – Strength Superset Blocks

Each block = **3 sets** | Rest 30 sec between sets | Rest 1 min between blocks

Block A – Upper Body Strength (3 Sets)

• Bench Press – 10 reps (40 lb per side)

• One-Arm Dumbbell Row – 10 reps/side (20 lb)

Block B – Lower Body + Core Stability ***(3 Sets***)

• Romanian Deadlifts – 12 reps (25 lb dumbbells)

• Dumbbell Side Bends – 12 reps/side (15–20 lb)

Block C – Core Blast (3 Sets)

• Dumbbell Russian Twists – 20 reps (10/side)

• Leg Raises (floor) – 10 reps

COOL DOWN – 5 Minutes

• Seated Forward Fold (hamstrings/back) – 30 sec

• Standing Wall Calf Stretch (each leg) – 30 sec

• Lying Spinal Twist – 30 sec

• Child’s Pose – 1 min