S3N Workout Plan - Final Version with Full Cool-Down

# Warm-Up Routine (5 Minutes)

* Arm Circles – 30 sec forward, 30 sec backward (shoulder mobility)
* Standing Torso Twists – 1 min (spinal mobility)
* March in Place with Arm Swings – 1 min (general warm-up)
* Cat-Cow on Wall or Standing – 1 min (spinal flexibility)
* Standing Knee Raises – 1 min (hip flexor and core activation)

# Main Workout

## Goblet Squat

3 sets of 10–12 reps | RPE 7

## Bent-Over Dumbbell Row

3 sets of 10 reps | RPE 7

## Pull-Up

3 sets to failure | RPE 8

## Kettlebell Swing

3 sets of 15–20 reps | RPE 8

## Seated Dumbbell Shoulder Press

3 sets of 10 reps | RPE 7

## Band Pull-Aparts

3 sets of 15 reps | RPE 6

## Standing Banded Woodchoppers

3 sets of 12 reps/side | RPE 7

## Glute Bridge with Band

3 sets of 12 reps | RPE 7

## Thoracic Twist + Wall Angels

2 rounds | 30 sec each | Mobility

## Supine Hamstring Stretch + Child's Pose

2 rounds | 30 sec each | Mobility

# Cool-Down Routine (7–10 Minutes)

* Supine Hamstring Stretch – 1 min per leg
* Child’s Pose – 1 min (lower back & hips)
* Seated Forward Fold – 1 min (hamstrings, calves, spine)
* Wall Chest Stretch – 1 min per side (chest & shoulders)
* Neck Stretch (Side to Side) – 30 sec each side
* Wrist Flexor Stretch – 30 sec per arm (forearms)
* Calf Wall Stretch – 30 sec per leg