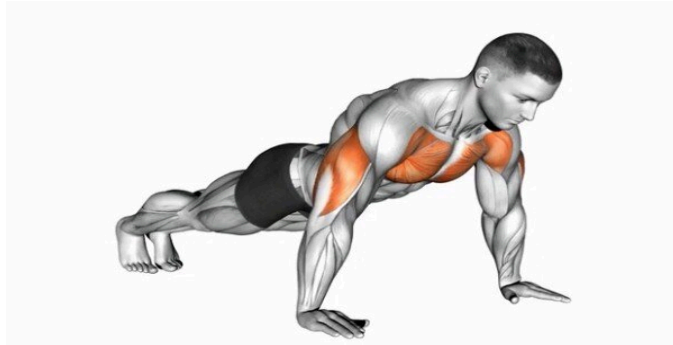


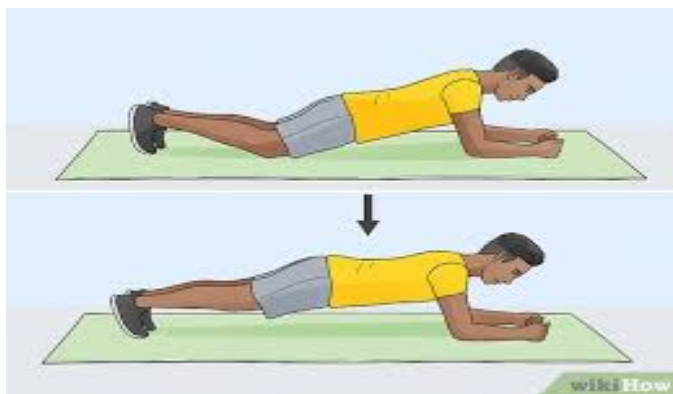
1. Push-Ups (Modified or Standard)

- 3 sets of 8-12 reps
- Modify with knee or incline push-ups if needed.



2. Plank

- 3 sets of 20-30 seconds
- Keep your body in a straight line.



3. Superman Hold

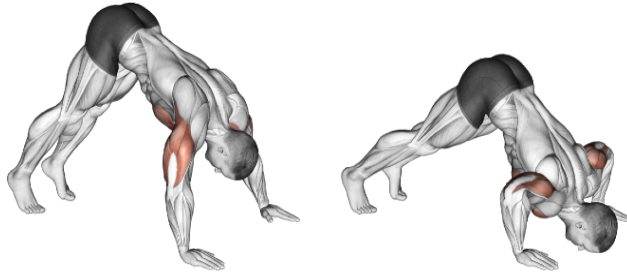
- 3 sets of 20-30 seconds
- Lift arms and legs while lying on your stomach.



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4. Pike Push-Ups

- 3 sets of 8-10 reps
- Hips high, lower your head toward the floor.



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5. Bicycle Crunches

- 3 sets of 15-20 reps per side
- Alternate knee and elbow touches while lying on your back.

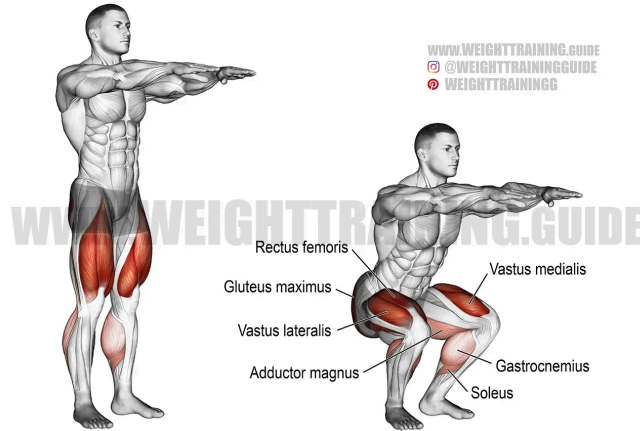


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Day 2: Lower Body & Core

1. Bodyweight Squats

- 3 sets of 10-15 reps
- Stand with feet shoulder-width apart, lower into a squat.



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2. Glute Bridges

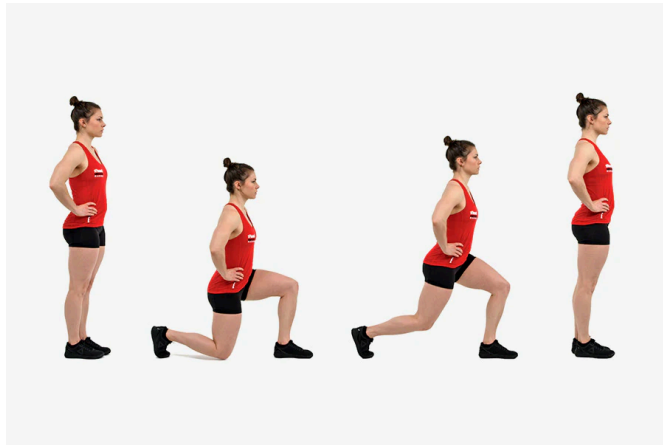
- 3 sets of 12-15 reps
- Lift your hips off the ground while lying on your back.



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3. Walking Lunges

- 3 sets of 10 reps per leg
- Step forward, lower into a lunge.



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4. Wall Sit

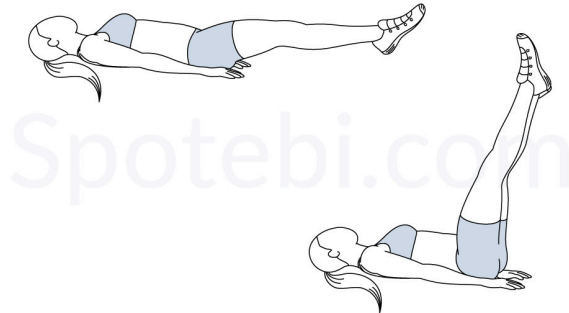
- 3 sets of 20-30 seconds
- Sit against a wall, knees at 90 degrees.



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5. Leg Raises

- 3 sets of 10-12 reps
- Lie on your back, lift legs to 90 degrees, lower slowly.

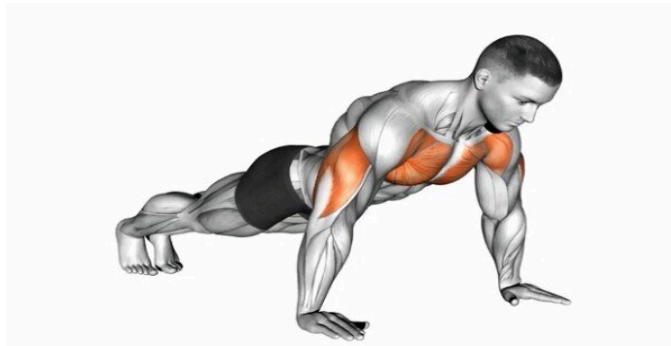


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Day 3: Full Body & Core

1. Push-Ups

- 3 sets of 8-12 reps
- Switch to modified versions if needed.

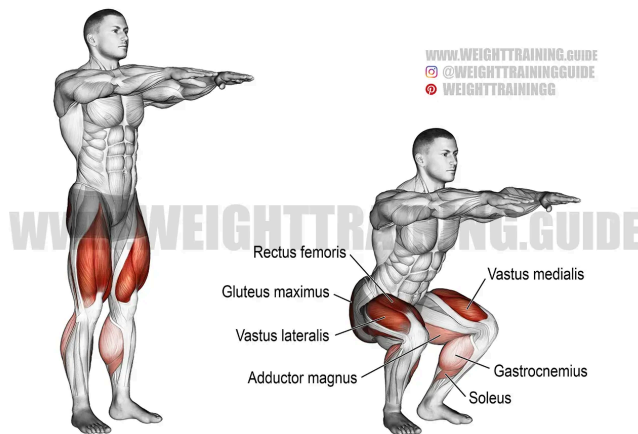


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2. Bodyweight Squats

- 3 sets of 12-15 reps

- Focus on proper form.



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3. Mountain Climbers

- 3 sets of 20 reps per leg
- Drive your knees toward your chest in a push-up position.

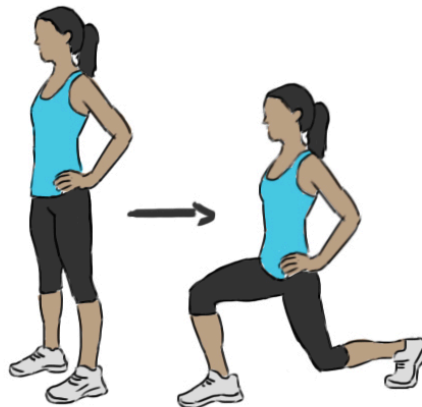


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TRAINING

4. Reverse Lunges

- 3 sets of 10 reps per leg
- Step back into a lunge.

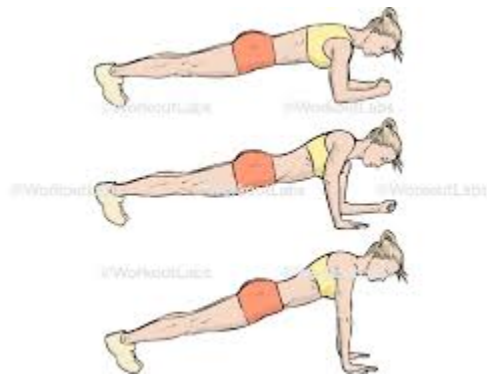


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5. Plank to Push-Up

- 3 sets of 8-10 reps

- Start in a plank, lower to elbows, and push back up.



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