

# WORKOUT planner

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A:

**Coach:**

**Note:**

## Monday

Lower Body Strength and Stability

### Goblet Squat with Dumbbell or Kettlebell - 3x (Moderate)

Rest: 90 - Keep chest upright, avoid forward lean, engage core.

### Glute Bridges - 3x ()

Rest: 60 - Squeeze glutes at top, avoid overarching lower back.

### Bird Dog - 3x ()

Rest: 60 - Engage core, keep spine neutral to protect lower back.

### Standing Calf Raises - 3x ()

Rest: 60 - Controlled movement, hold at top for 1-2 seconds.

## Wednesday

Upper Body Strength with Back Care

### Incline Dumbbell Bench Press - 3x (Moderate)

Rest: 90 - Avoid arching lower back, keep feet flat on floor.

### Seated Cable Row - 3x (Moderate)

Rest: 90 - Keep scapula retracted, avoid leaning backward.

### Face Pulls with Resistance Bands - 3x ()

Rest: 60 - Focus on scapular retraction to support posture.

### Dead Bug - 3x ()

Rest: 60 - Control movement, engage core, protect lower back.

## Friday

Full Body Conditioning and Core

### Goblet Deadlift with Dumbbell - 3x (Moderate)

Rest: 90 - Keep back straight, hinge at hips, avoid rounding lower back.

### Plank - 3x ()

Rest: 60 - Maintain neutral spine, avoid sagging hips.

### Step-Ups with Dumbbells - 3x (Light to Moderate)

Rest: 60 - Controlled movement, keep knee aligned over foot.

### Superman Hold - 3x ()

Rest: 60 - Lift chest and legs, avoid hyperextending lower back.

## Sunday

Mobility and Active Recovery

### Child's Pose Stretch - 1x ()

Rest: - Focus on breathing and spinal relaxation.

### Cat-Cow Stretch - 2x ()

Rest: - Move slowly, mobilize spine gently.

### Hip Flexor Stretch - 2x ()

Rest: - Maintain pelvic neutrality to protect lower back.

### Foam Rolling (Lower Back and Legs) - 1x ()

Rest: - Use moderate pressure, avoid pain.

