

General Rules (short & important)

- **Warm-up:** 8–10 min indoor walking, HR \approx 94–131 bpm.
 - **Sets/Reps:** 3 \times 8–12 per exercise (Biceps 10–15 ok). Rest 45–90 s.
 - **Tempo:** \sim 2 s up / 2–3 s down.
 - **Breathing:** Exhale when lifting/pressing. Never hold your breath (no Valsalva).
 - **Core:** Before each exercise lightly engage pelvic floor + abs.
 - **Progression:** Only switch to 3 kg when you can consistently do 3 \times 12.
-

Day by Day (each session starts with Warm-up + 2 neck/back exercises)

Mon — Push + Glutes

- Warm-up: 8–10 min walk, arm circles 1 min.
 - Neck: Side stretch 20 s/side — gently pull head sideways.
 - Back: Cat–Cow 8 \times — round and arch back slowly.
 - Seated Row — 3 \times 8–12
Pull elbows back, imagine squeezing shoulder blades together.
 - Overhead Press — 3 \times 8–12
Press dumbbells straight up, engage core, don't lean back.
 - Lateral Raise — 3 \times 8–12/side
Slight bend in arms, raise to shoulder height, no swing.
 - Front Raise — 3 \times 8–12/side
Lift arm straight in front to shoulder height, slow down.
 - Glute Bridge — 3 \times 10–15
Push hips up, squeeze glutes.
 - Cool-down: Qigong raising/lowering hands 5 \times + 3 min stretching.
-

Tue — Pull + Core

- Warm-up: 8–10 min walk, shoulder rolls 1 min.

- Neck: Chin to chest, hold 10–15 s.
 - Back: Bird-Dog 8×/side.
 - One-arm Row — 3×8–12/side
 - Scapular Row (small movement) — 3×12
 - Biceps Curls — 3×10–12/side
 - Dead Bug — 3×10–12/side
 - Short Plank — 3×20–30 s
 - Cool-down: Qigong 5–10 min.
-

Wed — Core + Mobility + Qigong (light)

- Warm-up: 8–10 min walk, light arm/leg swings.
 - Neck: Side bend + rotation 10 s.
 - Back: Cat–Cow + “proud chest” 8×.
 - Forearm Plank — 3×20–40 s
 - Pallof Press (anti-rotation) — 3×8–10/side
 - Dead Bug (light) — 3×10/side
 - Mobility: Chest opener 2×30 s, shoulder rolls 10×
 - Qigong 10–15 min (slow flow).
-

Thu — Push (Variation) + Glutes

- Warm-up: 8–10 min walk, shoulder loosening.
- Neck: Chin to chest + side stretch 10–20 s.
- Back: Superman light (only chest/head lift) 8×.
- Goblet Squat — 3×8–12
- Arnold Press — 3×8–12

- Bent-over Lateral Raise — 3×8–12/side
 - Triceps Kickback — 3×10–12/side
 - Single-leg Glute Bridge (optional) — 3×8–10/side
 - Cool-down: Qigong 5–10 min.
-

Fri — Pull (Variation) + Core

- Warm-up: 8–10 min walk, arm circles.
 - Neck: Rotation + side stretch 10–20 s.
 - Back: Face-pull substitute / scapular pull 10×.
 - Seated Row (slow focus) — 3×8–12
 - Reverse Fly — 3×8–12
 - Hammer Curls — 3×8–12/side
 - Superman light — 3×10–12 (skip if groin discomfort)
 - Dead Bug / Short Plank — 3×
 - Cool-down: Qigong 5–10 min.
-

Sat — Light Full Body + Qigong (active recovery)

- Warm-up: 8–10 min walk, full arm circles.
- Neck: Gentle stretch sequence 2×10 s each direction.
- Back: Cat–Cow + light mobility 8×.
- Circuit (2 rounds, 30–45 s each, very light):
Row (light) → Shoulder Shrugs → Goblet Squat → Biceps (light) → Glute Bridge.
- Finish: Qigong 10–15 min slow flow.