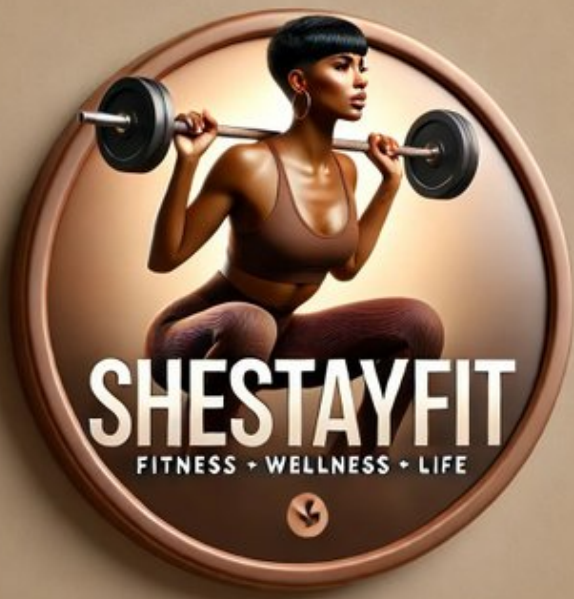


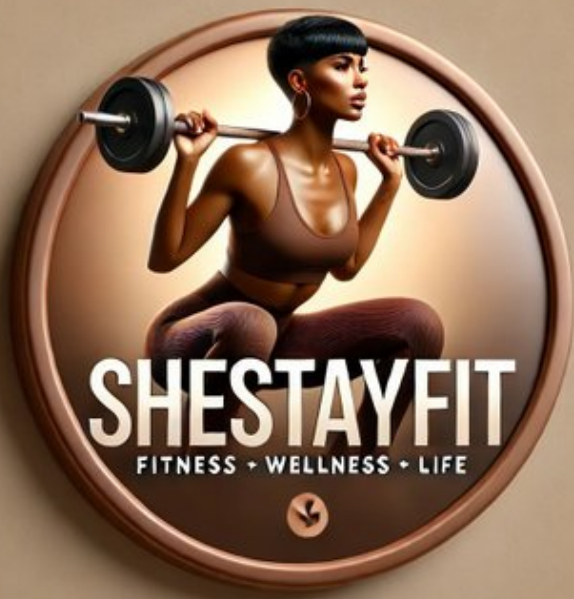


✨ 3-Day Strength Jumpstart

Day 1: Full Body Dumbbell Sculpt (20 mins)

Strength Queen: My Sculpt Plan (Mini)

- 5-min warmup: Bodyweight squats, arm circles, lunges
- 3 sets of:
- Dumbbell squats x 15
- Bent-over rows x 15
- Dumbbell chest press x 15
- Core finisher: Plank hold (30 sec x 2)

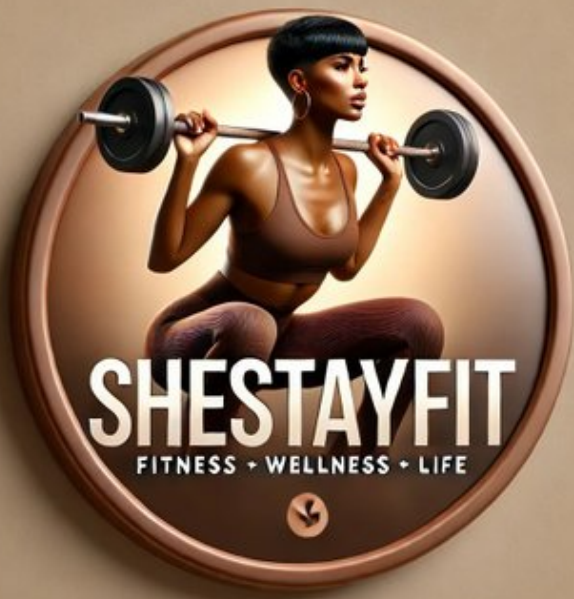


✨ 3-Day Strength Jumpstart

Day 2: Core + Glutes Isolation (15 mins)

Strength Queen: My Sculpt Plan (Mini)

- 3 rounds:
- Glute bridges x 20
- Side-lying clamshells x 15/side
- Russian twists (no weight or light dumbbell) x 20



✨ 3-Day Strength Jumpstart

Day 3: Upper Body Burn (Bodyweight or Light Weights)

Strength Queen: My Sculpt Plan (Mini)

- 3 rounds:
- Glute bridges x 20
- Side-lying clamshells x 15/side
- Russian twists (no weight or light dumbbell) x 20



Day 1: Full Body Dumbbell Sculpt

Exercises

- **Dumbbell Squat**
- **Bent-Over Rows**
- **Dumbbell Chest Press**

Record below:

Weight Used:

Sets x Reps: _____

How I Felt: _____



Strength Journal Starter Page

Day 2: Core+ Glutes Isolation

Exercises

- Glute Bridges
- Side-Lying Clamshells
- Russian Twists

Record below:

Weight Used: _____

Sets x Reps: _____

How I Felt: _____



Strength Journal Starter Page

Day 3: Upper Body Burn

Exercises

- Push-ups
- Triceps Dips (chair/couch)
- Shoulder Press

Record below:

Weight Used: _____

Sets x Reps: _____

How I Felt: _____
