

Phase	Exercise	Time / Reps	Benefit (Coach's Note)	Coaching Cue
Standing Warm-Up & Mobility (5 min)	Neck Rolls	2 circles each way (30s)	Loosens up the neck and reduces stiffness.	Move slowly, keep shoulders relaxed.
	Shoulder Rolls + Arm Swings	10 forward, 10 back (45s)	Wakes up shoulders and chest.	Keep arms loose, breathe naturally.
	Cross-Arm Shoulder Stretch	20s each side (40s)	Stretches back of shoulders.	Keep shoulders down, don't twist torso.
	Standing Side Stretch	20s each side (40s)	Opens up sides of body.	Reach tall, inhale as you lengthen.
	Standing Hip Circles	5 circles each way (40s)	Loosens hips and lower back.	Keep chest upright, smooth circles.
	Dynamic Hamstring Sweep	10 each leg (45s)	Gently stretches hamstrings.	Sweep low, keep back flat.
Transition to Floor (6 min)	Wall Angels (against wall)	8–10 reps (1 min)	Improves posture & shoulder mobility.	Keep lower back flat to wall, move slow.
	World's Greatest Stretch	20s each side (1 min)	Opens hips, spine, hamstrings.	Sink into hips, rotate chest to ceiling.
	Cat–Cow Flow	6–8 reps (1 min)	Keeps spine flexible.	Inhale as you arch, exhale as you round.
	Thread the Needle	5 reps each side (1 min)	Improves upper-back rotation.	Slide arm through gently, keep hips steady.
	90/90 Hip Stretch + Forward Fold	20s each side (1 min)	Builds hip flexibility.	Sit tall first, then fold slowly.
	Glute Bridge with Reach	8 reps each side (1 min)	Activates glutes, opens chest.	Push through heels, reach long overhead.
Return to Standing (4 min)	Seated Forward Fold + Side Reach	20s centre, 20s each side (1 min)	Stretches hamstrings & sides.	Relax shoulders, reach past toes gently.
	Downward Dog → Cobra Flow	5 reps (1 min)	Stretches back, opens chest.	Press heels down, then lift chest tall.

	Standing Quad Stretch	20s each side (40s)	Releases thighs & hip flexors.	Knees together, stand tall.
	Standing Calf Stretch	20s each side (40s)	Loosens calves & ankles.	Keep heel pressed down, chest upright.
	Standing Forward Fold + Shoulder Grab	30s hold (40s)	Relieves hamstrings & shoulders.	Let head hang heavy, breathe deep.
	Big Inhale–Exhale Reach	3 deep breaths (20s)	Resets body and mind.	Inhale arms up, exhale release tension.