

Saturday Workout Plan

Complete Mobility & Core Activation Session

WARM-UP

Jumping Jacks	2 sets × 30 sec
Arm Swings + Shoulder Rolls	30 sec each
Spot Jogging or High Knees	1 min
Dynamic Leg Swings	10 reps per leg

MOBILITY FLOW

Cat-Cow Stretch	10 reps
World's Greatest Stretch	5 reps per side
Deep Squat Hold	30 sec
Downward Dog to Cobra Flow	6 reps
Hip Flexor Stretch	30 sec per leg
Arm Circles + Wrist Rolls	30 sec total

CORE ACTIVATION *(OPTIONAL)*

Plank	45 sec
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Leg Raises	15 reps
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Side Plank	30 sec each side
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Hollow Hold	20 sec
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Bird-Dog (slow & controlled)	10 reps per side
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COOL-DOWN

Standing Hamstring Stretch	30 sec per leg
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Chest Wall Stretch	30 sec per side
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Cobra Pose	30 sec
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Child's Pose	30 sec
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Deep Breathing (Box Breathing 4-4-4-4)	1 min
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Saturday Workout Plan - Focus on Mobility, Flexibility & Core Strength