

Day 3: Flexibility, Mobility & Active Recovery

Day 3: Flexibility, Mobility & Active Recovery (40-50 mins)

Goal: Improve full-body flexibility, reduce muscle stiffness, and support joint health.

This is a lower-intensity day to promote recovery, ideal 48-72 hours after Day 2.

Warm-Up (5-7 minutes)

- Seated or Standing Arm Circles - 30 sec forward/back
- March in Place + Shoulder Rolls - 1 min
- Leg Swings (front to back) - 30 sec per leg
- Cat-Cow Stretch (on Mat) - 60 sec
- Hip Opener March (high knees + twist) - 1 min

Mobility Circuit (20-25 minutes) - Repeat 2x

Move slowly and focus on range of motion and breathing.

1. Deep Squat Hold (with support or TRX if needed) - 30 sec
2. Seated Forward Fold (on mat, hamstring stretch) - 30 sec
3. World's Greatest Stretch (hip flexor + rotation) - 30 sec/side
4. Lying Spinal Twist - 30 sec/side
5. Shoulder Wall Slides - 8 reps
6. Kneeling Hip Flexor Stretch - 30 sec/side
7. Thread the Needle (shoulder + thoracic spine) - 30 sec/side
8. Standing Calf Stretch - 30 sec/side

Strength Activation (8-10 minutes)

- Glute Bridge March (alternating legs in bridge) - 3 x 8 reps/side
- Wall Angels - 3 x 8 reps (great for posture)
- Side-Lying Leg Raises - 2 x 12/side (targets glutes/hips)

Cooldown (5-7 minutes)

- Deep Breathing (supine or seated) - 2 min
- Child's Pose - 1 min
- Reclined Knee-to-Chest Stretch - 30 sec/leg
- Butterfly Stretch - 1 min
- Optional: Legs Up Wall - 2-3 min

Tips:

- Stay relaxed, no rush through movements.
- Breathe deeply, especially during stretches.
- Use props or supports as needed.