# Day 14: Lower Body & Core Stability

Jenny Prime Workout Routine  
Generated on June 30, 2025 — 06:19 PM

**Warm-Up (5 minutes)**

**1**. High Knee Marches — **1** min

**2**. Glute Kickbacks — **1** min

**3**. Standing Hip Circles — **30** sec each direction

**4**. Hamstring Scoops — **1** min

**5**. Air Squats (Bodyweight only) — **1** min

**Leg & Core Circuit**

**1**. Dumbbell Romanian Deadlifts — **3** sets of **10** reps (**20** lb each) — Rest **60** sec

**2**. Standing Calf Raises — **3** sets of **15** reps (Bodyweight or **10** lb each) — Rest **30** sec

**3**. Chair-Assisted Step Backs — **3** sets of **10** reps per leg — Rest **45** sec

**4**. Standing Side Crunches — **3** sets of **12** reps per side — Rest **30** sec

**5**. Seated Knee Tucks — **2** sets of **15** reps — Rest **45** sec

**Core Activation Finisher**

**1**. Standing Pelvic Tilt with Arm Reach — **1** min

**2**. Deep Diaphragmatic Breathing — **1** min (slow, nose inhale, mouth exhale)

**Cool-Down (5 minutes)**

**1**. Standing Hamstring Stretch — **1** min per leg

**2**. Hip Flexor Stretch (Standing) — **1** min per leg

**3**. Wall Calf Stretch — **1** min per leg

**4**. Chest Door Opener — **1** min