# Day 16: Active Flexibility & Core Stability

Jenny Prime Workout Routine  
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**Warm-Up (5 minutes)**

**1**. Standing Arm Swings — **1** min

**2**. March with Torso Rotations — **1** min

**3**. Standing Hip Circles — **1** min

**4**. Forward Bend and Reach — **1** min

**5**. Side Bends with Reach — **1** min

**Core + Mobility Circuit**

**1**. Seated Knee-Lift Crunch — **3** sets of **15** reps — Rest **30** sec

**2**. Standing Side Crunch — **3** sets of **15** reps per side — Rest **30** sec

**3**. Standing Pelvic Tilt with Overhead Reach — **2** sets of **45** sec — Rest **30** sec

**4**. Toe Touch to Overhead Stretch Flow — **2** sets of **30** sec — Rest **30** sec

**5**. Shoulder Mobility Wall Slides — **2** sets of **10** reps — Rest **30** sec

**Mobility Finisher**

**1**. Calf Stretch (Wall or Step) — **1** min per leg

**2**. Spinal Roll Down & Up — **2** reps slow and controlled

**Cool-Down (5 minutes)**

**1**. Forward Fold Hold — **1** min

**2**. Deep Shoulder Stretch — **1** min

**3**. Hamstring + Calf Combo Stretch — **1** min per side

**4**. Neck Circles + Breathing — **1** min