**Friday Light Core + Mobility Routine**

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WARM-UP (5 MINUTES)

1. Standing Arm Circles – 30 sec each direction

2. Hip Openers (march and rotate) – 1 min

3. Seated Torso Twists – 1 min

4. Standing Leg Swings (front to back) – 30 sec per leg

5. Gentle Standing Side Bends – 1 min

🔵 DETAILED WARM-UP INSTRUCTIONS

**2. Hip Openers (March and Rotate)**

• Stand tall with feet hip-width apart.  
• Lift your right knee as if marching, then rotate it outward (like opening a gate).  
• Lower it and repeat with the left leg.  
• Keep your core braced and movement smooth — no jerking.  
✅ Targets hips and groin, loosens up for dynamic motion.  
🔁 Alternate legs for 1 minute.

**3. Seated Torso Twists**

• Sit on a sturdy chair or bench with a straight back.  
• Cross arms over chest or place hands on opposite shoulders.  
• Twist your upper body to the right, return to center, then twist left.  
• Keep hips and legs still — only your torso moves.  
✅ Warms up your spine and improves rotational mobility.  
🔁 Repeat at a controlled pace for 1 minute.