**Jenny Prime – Quick Backup Workout**

**Warm-Up (3 Minutes)**

• March in Place – 1 minute

• Arm Circles – 30 seconds each direction

• Standing Torso Twists – 1 minute

**Main Circuit (Repeat 2x)**

• Bodyweight Squats – 15 reps

• Push-Ups (Wall or Knee) – 10-15 reps

• Standing Side Crunch – 12 per side

• Glute Bridges – 15 reps

• Plank (Wall or Elbow) – Hold for 30 seconds

**Cool-Down (3-5 Minutes)**

• Forward Fold – 1 minute

• Chest Opener (Standing) – 1 minute

• Deep Breathing – 1-2 minutes