# Jenny Prime Recovery Routine – July 18, 2025

Goal: Deep recovery, flexibility boost, core engagement without knee strain.

## Warm-Up (Gentle Cardio & Flow – 5 min)

- March in place with arm swing: **1 min**

- Standing torso twist: **1 min**

- Cat-Cow (Standing variation): **1 min**

- Forward fold + shoulder rolls: **2 min total**

## Mobility + Flexibility Block

- Seated Hamstring Stretch: **60 sec per leg**

- Wall Chest Opener: **60 sec**

- Seated Figure-4 Glute Stretch: **45 sec per leg**

- Standing Calf Stretch (against wall): **45 sec per side**

- Neck Circles & Shoulder Rolls: **1 min total**

## Gentle Core Activation (No strain, seated or standing)

- Seated Knee-Lift Crunches: **2 sets of 10 reps**

- Standing Side Crunches: **2 sets of 10 reps each side**

- Ab Hollow Breathing (deep seated breath holds): **3 rounds, 20 seconds**

## Cool-Down (Fully Relax)

- Reclined Child’s Pose (on bed or mat): **60 sec**

- Deep belly breathing: **2 min guided**