# Jenny Prime – Custom Warm-Up Script

**Prompt:** Are you ready for your warm-up? Push start

**Action:** Magdy pushes start

**Prompt:** Arm circle

**Voice:** Arm circle forward for 30 seconds

**Timer:** 30 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next for backward

**Action:** Magdy pushes start

**Timer:** 30 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next for your next exercise

**Action:** Magdy pushes next

**Prompt:** Standing torso twist

**Voice:** Standing torso twist

**Voice:** Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next when ready for your next exercise

**Action:** Magdy pushes next

**Prompt:** March in place with arm swing

**Voice:** March in place with arm swing

**Voice:** Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next when ready for your next exercise

**Action:** Magdy pushes next

**Prompt:** Cat-cow standing

**Voice:** Cat-cow standing 60 seconds

**Voice:** Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next when ready for your next exercise

**Action:** Magdy pushes next

**Prompt:** Leg swings

**Voice:** Leg swings 60 seconds. Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next for your next exercise

**Action:** Magdy pushes next

**Prompt:** Glute bridges

**Voice:** Glute bridges 60 seconds. Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. Push next for your next exercise

**Action:** Magdy pushes next

**Prompt:** Standing knee raises

**Voice:** Standing knee raises 60 seconds. Push start when ready

**Action:** Magdy pushes start

**Timer:** 60 second countdown

**Timer:** At zero, the whole page flashes red and five long beeps sound

**Voice:** Good job. This completes your warm-up. Push next for the main workout