

Cool Down (after every workout)

COOL DOWN **(10 minutes)**

QUAD STRETCH

1. Stand near a wall or another sturdy piece of equipment for support.
2. Grasp one leg slightly above the ankle; bend and lift the leg behind your back.
3. Slowly pull up and back until you feel a stretch in the front of your leg. Hold for **30 seconds**.
4. Repeat with other leg.

HAMSTRING STRETCH

1. With legs slightly apart and knees slightly bent, bend over and try to touch knees, then shins, then ground.
2. Hold each position for **10 seconds**.
3. Repeat 3 times.

KNEE TO CHEST STRETCH

1. Lie on the floor with legs straight out in front of you.
2. Bend one knee and gently pull it to your chest to stretch the lower back. The opposite leg can remain straight or bend, whichever is more comfortable.
3. Hold for **30 seconds**. Switch legs and repeat.

SHOULDER STRETCH

1. Stand up straight and bring one arm across the body.
2. Hold it with the opposite arm either above or below the elbow.
3. Hold for **10 seconds**. Switch arms and repeat.