

## Cool down

### Stretches

It is important to stretch after exercise to relax muscles. Muscles work in pairs so it is important to stretch both. i.e. if you stretch the hamstring you need to stretch the quadriceps too (muscles in the front and back of upper leg)!

Stretches should be held longer, for a cool down, stretch should be held 12-20 sec. Once into position hold the stretch DO NOT BOUNCE or pulse.



#### Upper arm

Place one hand between shoulder blades.  
Other arm pushes or pulls across.



#### Across back

Clasp hands in front pushing away from the body. Head dipped.  
Shoulder elbows and hands level.



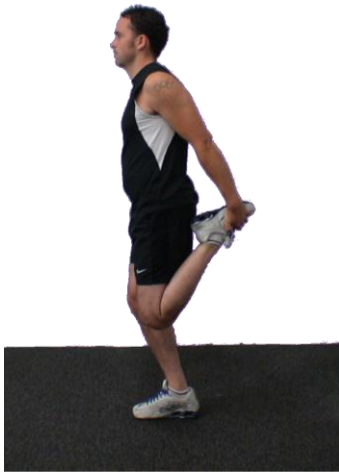
#### Across chest

Place both hands, fingers down on the base of the spine. Squeeze elbows together.



#### Upper arm & shoulder

One arm straight across the body at shoulder level. Hug arm into body.  
Repeat other arm.



**Front of thigh**

Hold ankle against bottom. Keep both knees together and bent. Push hips forward for stretch. Repeat other leg.



**Back of thigh**

1/2 step forward. Bend back leg until knees are in line. Lean on bent leg for support. Toe of straight leg can be raised to increase stretch.



**Calf in leg**

Large step back, heels down, both feet parallel. Bend front leg till stretch is felt. *LOOK DOWN* should only see toes. If you can see more, move back leg closer. If you cannot see toes move back leg further back.