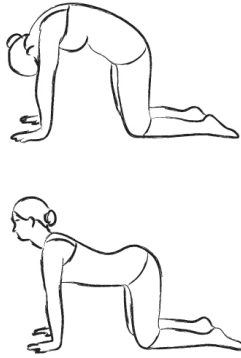


# Full Body Workout Cool Down Stretches

## Cat/Cow

Start on your hands and knees, with your hands underneath your shoulders and knees under your hips. For the cat pose, draw your belly to your spine and round your back toward the ceiling. Move into the cow pose by dropping your belly toward the mat. Lift your chin and chest, and gaze up toward the ceiling. Hold each pose for 5 to 10 seconds, then repeat this flow of two poses.



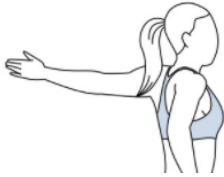
## Trapezius Stretch

Tilt your head to the left, while looking straight ahead. You can use your right arm as an anchor on the chair. Hold for 30 to 60 seconds, release, and repeat on the other side.



## Chest Stretch

While keeping your hand firmly planted on the wall, open your chest by rotating away from the wall until you feel a stretch across your chest. Hold for 30 seconds, release, and repeat on the other side. Alternative: try different angles with arm on the wall (i.e. lower and higher).



## Quadriceps Stretch

Pull the foot toward your buttock until you feel a gentle stretch on the front of your thigh. Hold for 30 seconds, release, and repeat on the other side.



## Calf Stretch

Stand 50-100cm away from the wall, and step forward with the foot you are not stretching. Place your hands on the wall. Keep your toes pointed forward and your back heel on the ground. Lean into the wall without bending your back knee. Hold for 30 seconds, release, and repeat on the other side.



## Hip Flexor Stretch

Kneel with one knee on the floor and the other foot in front with the knee bent. Keep your body upright and posteriorly tilt your pelvis (think of squeezing your glutes). Then, lean forward at the hips until you feel a stretch in the front of your hip. Hold for 30 seconds, return to start and repeat.



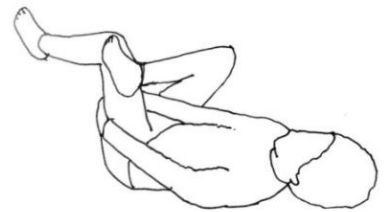
## Hamstring Stretch

Lie on your back and loop a band over the ball of one foot. Slowly straighten one leg above you while creating tension in your hamstrings. To increase the stretch, flex your foot toward your face. Hold for 30 seconds, release, and repeat on the other side.



## Lying Glute Stretch

Lie on your back with your knees bent. Cross your right leg over so that your right shin is resting on your left knee. Grasp the thigh of your left leg and pull your leg toward your torso. Hold for 30 seconds, release, and repeat on the other side.



## Standing Lateral Stretch

Stand slightly wider than hip-width distance apart. Place your right hand on your right hip to support the spine. Raise your left arm in a vertical line and place your left hand behind your head as you tilt your torso to the right. Hold for 15 seconds, release, and repeat on the other side.

