

### Cool Down Stretches



#### Head Pull (Trapezius)

Turn your head slightly to one side and look down toward your armpit. With your hand on the same side, gently pull your head in close until you feel a stretch. Repeat other side.



#### Side-neck stretch (Sternocleidomastoid, levator scapulae, scalenes)

Rest the side of your head on your palm. Gently push your head deeper into your palm until you feel a stretch near your opposite shoulder blade along the side of your neck.



#### Cobra Stretch (Rectus Abdominis)

Lie face down on the floor and bring your upper body up in the air by arching at your lower back. Place your hands by your side slightly in front of you with your palms on the ground. Keep your shoulders down.



#### Child's pose (Latissimus Dorsi, Glutes)

Kneel on the ground with your knees far apart, bring your upper body forward on the ground in front of you with your arms extended out. Bring your bottom down to touch your heels if possible.



### Arm Stretch (Triceps)

Bend one arm over your head to grab your other elbow. The arm that has the elbow grabbed should be flat against your back.



### Side Stretch (Oblique Abdominis)

Stand hip width apart and take one arm in a crescent over your head, slowly lean towards the side that your fingers are pointing.



### Quad Stretch (Quadriceps)

Stand on one leg with your other leg bent. Grab your foot with your hand on the same side. Bring your foot towards your butt so that your heel touches close to your butt. Make sure your knee is pointing down to the ground.



#### Hamstring Stretch (Hamstrings)

Sitting down, extend one leg out in front with your toes pointing up. Bend over to reach for your big toe.



#### Calf Stretch (Gastrocnemius)

Use a wall to lean on with your forearms. Place one leg bent in front and one leg extended behind you with your heel on the ground. The further your legs are apart the more deep a stretch.



#### Hip Flexor Stretch (Adductors, Hip Flexors)

Get in a lunge position with your back knee, shin, and toes on the ground. Lean into your front leg and extend your back thigh so you feel a stretch in your anterior pelvis.



#### Bottom Stretch/Figure Four (Glutes)

Lying on the ground, bring one leg up, bend the knee with your toes point out in front. Bring your other leg over top resting your ankle on your knee. Use your arms to bring in your legs by holding on to the leg with your toes pointed out in front.



#### Butterfly Stretch (Adductor muscles)

Sit with your back straight and bend your knees so that the bottom of your feet touch each other. Lean forward for a deeper stretch. Do NOT bounce your legs!!



#### Biceps Stretch (Biceps muscles)

Hold your arm out elongated in front of you with your palm facing up. Use your other hand to bend your fingers towards to floor to open up your biceps.



#### Chest Stretch (Pectoralis Major)

Turn your palm to face up with your pinky finger against the wall at the height of your shoulder and repeat the stretch.