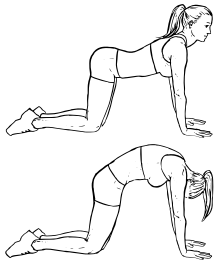


Full Body Cool Down

Abs, Arms, Back, Legs

My favorite cool down of all is the full body cool down. Take care of your body, and your body will take care of you. Spend 12 minutes bring yourself back to a resting state by following this cool down. You winner.

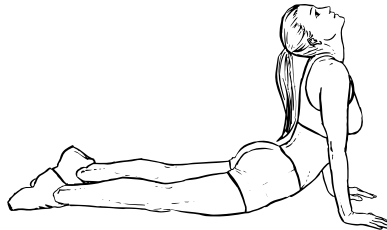
Cat Back / Backward Camel Stretch



1 sets 12 reps

Each rep is 1 flexion and 1 extension. Take your time.

Cobra Abdominal Stretch / Old Horse Stretch



1 sets 30 secs

A perfect stretch to follow, the cobra. Keep your legs nice and flat on the floor.

Overhead Triceps Stretch



1 sets 30 secs

30 seconds per arm, you're almost done!

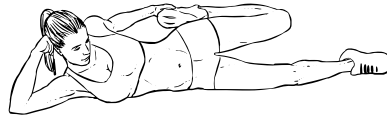
Samson Stretch / Lunge Stretch



1 sets 30 secs

Try to push your arms nice and high and your legs nice and low. 30 seconds per leg is ideal.

Side Lying Quad Stretch



1 sets 30 secs

Give that quad a nice old pull to relieve it of any built up lactic acid.

Butterfly Stretch



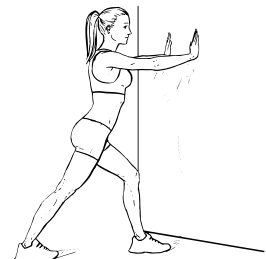
Gluteus / Glute / Gluteal Stretch



Standing Hamstring Stretch



Straight-Leg Calf Stretch



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

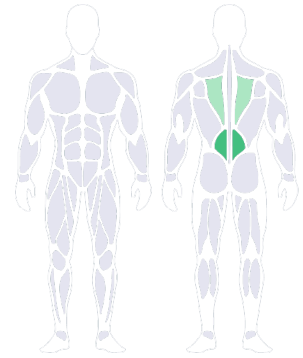
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

Abs

Secondary:

Lower Back

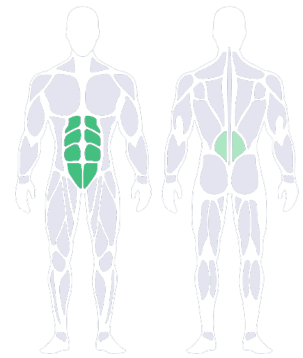
Lie face down with your hands under your shoulders.

Point your feet downwards to lengthen your spine.

Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.

Hold the stretch and then lower down to starting position.

 Avoid this stretch if you have back problems.



Overhead Triceps Stretch

Primary muscle group(s):

Triceps

Secondary:

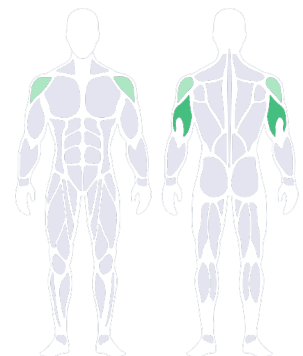
Shoulders

Standing up straight with a tight core, extend your left arm straight into the air.

Keep the elbow up as you bend your arm behind your head.

Take the right hand and gently pull the left elbow towards the right.

Hold this stretch then switch to the other side.



Samson Stretch / Lunge Stretch

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

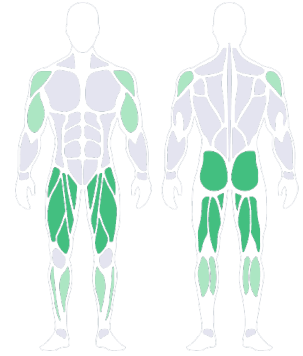
Secondary:

Biceps, Calves, Shoulders

Begin by standing tall with a tight core and looking straight ahead. Keep your chest up as you step forward with your right foot into a lunge position.

Lower the left knee to the ground. Extend the right knee forward.

Clasp your hands together and push them straight overhead. You'll primarily feel the stretch in your hamstrings and hip flexors. Hold for 20 to 30 seconds then switch sides.



Side Lying Quad Stretch

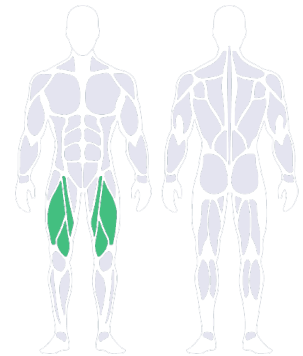
Primary muscle group(s):

Quadriceps

Lie on the ground and turn over on your right side. Place your right hand on your head for support or simply extend it out for balance.

Grab your left foot with your left hand. Keep the right leg extended straight out.

Pull on the left foot, feeling the stretch in the quadricep muscle. Do this for 15 to 30 seconds. Release then switch sides and repeat.



Butterfly Stretch

Primary muscle group(s):

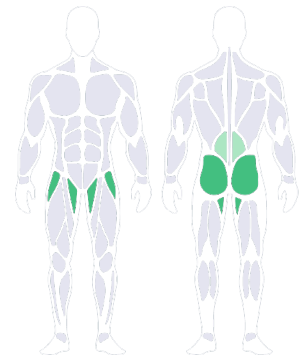
Glutes & Hip Flexors

Secondary:

Lower Back

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



Gluteus / Glute / Gluteal Stretch

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Shoulders

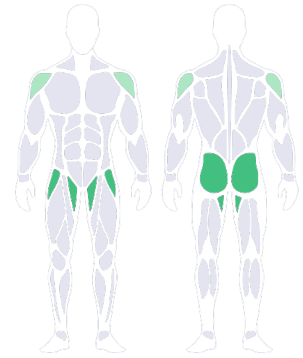
Lie on your back on a mat or soft surface.

Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.

Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.

Remain on the ground and gently pull your left shin towards yourself.

Return to the starting position and repeat on the other side.



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

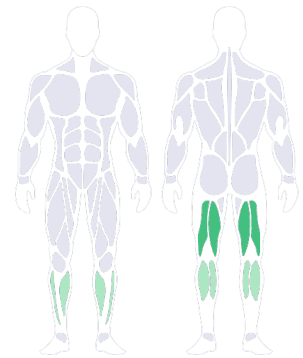
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Straight-Leg Calf Stretch

Primary muscle group(s):

Calves

Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.

Lean against the wall and bend on leg forward with the other leg extended straight back. Your feet should both be facing forward.

Push the rear heel to the floor and bring the hips slightly forward.

Hold the stretch and repeat on the other leg.

