

# Cool down I

## Back stretch



### Instructions

1. Sit down in a stable chair
2. Lock your fingers and stretch your arm in front of you
3. Keep it there for 20 seconds and slowly return

## Chest stretch



### Instructions

1. Sit in a stable chair
2. Lock your fingers behind you with your elbow straight and slowly lift your arms up stretching your chest muscles
3. Hold for 20 seconds and slowly return

## Forearm stretch



### Instructions

1. Lift your hands up in front of you, and with one hand pull your fingers back allowing your forearm to stretch
2. Hold this for 20 seconds

Repeat with your other arm



# Cool down II

## Hamstring stretch



### Instructions

1. Sit in a stable chair and stretch one leg forward
2. Keep knee straight and gently lean forward until you feel a stretch
3. Keep it there for 20 seconds

Repeat on your other leg

## Trunk rotation



### Instructions

1. Sit in a stable chair. Gently rotate your trunk and shoulders to one side
2. Use your arms to help rotate. Hold it there for 20 seconds

Do this rotation on both sides of your trunk

## Calf stretch



### Instructions

1. Find chair or table to lean on to
2. Place the leg to be stretched behind your body and other leg slightly forward and bent
3. Lean against your chair or table until you feel a stretch. Keep it there for 20 seconds

Repeat on your other leg