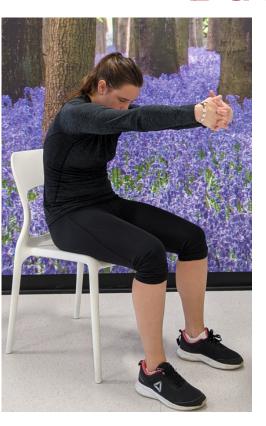
# Cool down I

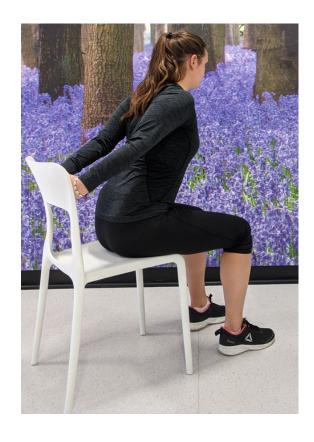
### Back stretch



### **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**

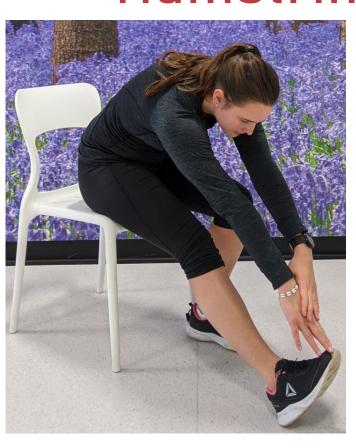
- 1. Lift your hands up in front of you ,and with one hand pull your fingers back allowing you forearm to stretch
- 2. Hold this for 20 seconds

Repeat with your other arm



# Cool down II

## Hamstring stretch

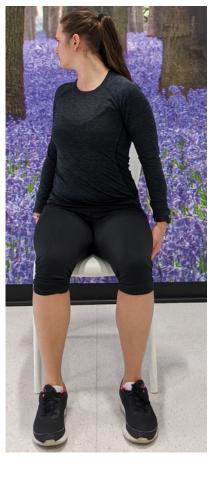


### **Instructions**

- 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



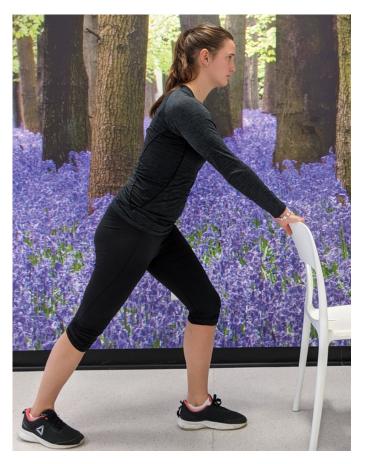
### **Instructions**

- 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

