



COOL DOWN EXERCISES DESCRIPTION



1-NECK: Put your hand on top of your head, and gently pull it to the side.



2- SHOULDERS: Stretch your arm out to the side, and support it with your other hand.



3- TRAPS: Clasp your fingers together behind you and stretch your arms but upwards, bending down as you do so.



4- CHEST / PECS: Clasp your fingers together behind you and stretch your arms downwards.



5.- BACK: Put your hands together and stretch your arms out in front of you.



6- TRICEPS: Raise one arm and bend it so that your hand is touching the top of your back. Support the bent elbow with your free hand.





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7- BICEPS: Stretch your arms out behind you, with your palms facing upwards.



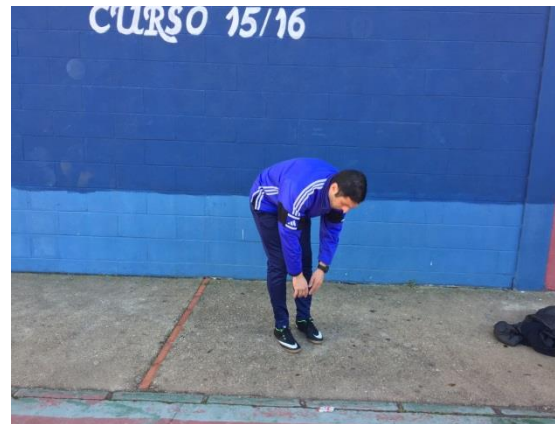
9- QUADS: Bend your leg behind you and hold your foot.



8- ABDUCTORS: Lunge to one side, bending one leg while the other is kept straight.



10- HAMSTRINGS: Keep your legs straight, and bend down so that your fingers reach your toes.



11- CALVES: Support yourself with your hands against the wall. Lunge forward, bending your forward leg and keeping your back leg straight.

