
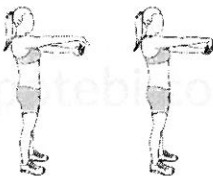

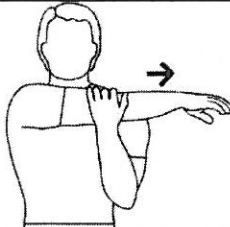



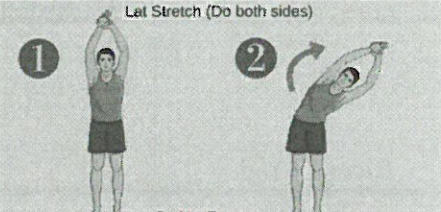
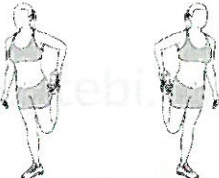




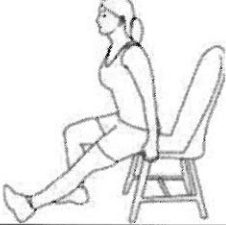


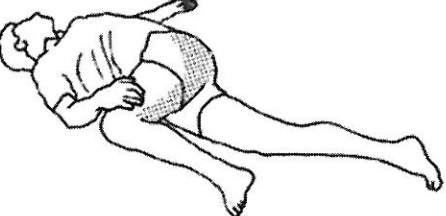


Cool Down Guide

Static Stretching

Stretch	Description	Visual
Neck	Starting with the neck in a neutral position, bring the chin to the shoulder. Repeat in the opposite direction.	
Neck Mod.	See Above	Continue Seated
Biceps	Stick one arm out straight in front of the body, face the palm towards the ceiling. Using the other hand, pull the fingers down towards the wrist. Switch arms.	
Biceps Mod.	See Above	Continue Seated
Triceps	Bring one arm straight up in the air, bend the forearm behind the back. Take the other hand and pull back on the elbow. Switch arms.	
Triceps Mod.	See Above	Continue Seated
Deltoid	Bring one arm across the body, pull the elbow to the the opposite shoulder. Relax and switch arms.	
Deltoid Mod.	See Above	Continue Seated
Pectoral	Have arms at the sides, bring the arms behind the body. Try and clasps hands together if possible. Open up chest by pushing chest forward and bringing the shoulders back.	

Pectoral Mod. (Chair Grab)	Have arms at the sides, bring the arms behind the body. Grip on to the back of the seat and push chest out forward.	 Chest Stretch
Upper Back	Bring both hands together straight out in front of the body, push the shoulders forward.	 Spote... .com
Upper Back Mod.	See Above	Continue Seated
Latissimus Dorsi	Standing straight up, bring the right arm straight up in the air. Lean the torso to the left side. Return and reverse direction.	 Lat Stretch (Do both sides) BackIntelligence.com
Lat Mod.	See Above	Continue Seated
Quadriceps	Standing straight up, flex the right knee and grab the ankle with the right hand. Pull upwards for a stretch in the quad. Switch sides.	 Spote... .com
Quadriceps Mod. (Under Chair Quad Stretch)	While sitting, bring one leg behind the body and one leg in front of the body. Lean the torso backwards. Switch legs.	
Torso	Sit on the floor with both legs straight out in front. Place the right ankle on the outside of the left knee. Turn the torso towards the right, push the knee with the left elbow for a deeper stretch. Switch legs.	

<p>Torso Mod. (Seated Trunk Rotation)</p>	<p>Sit on a chair with the left leg on the ground. Bring the right leg on top of the left leg (ankle to knee). Lean forward. Switch legs.</p>	
<p>Hamstrings</p>	<p>Sit on the ground with the right leg out and to the side. The left leg will be bent with the sole of the foot touching the inner thigh. Lean towards the straightend leg. Switch legs.</p>	
<p>Hamstrings Mod. (Leg Straight to Toe Touch)</p>	<p>Sit on a chair and have both feet planted on the ground. Bring one leg straight out and lean forward into that leg. Switch legs.</p>	
<p>Glute</p>	<p>Bring the right ankle on top of the left knee. Roll on to back, pull left thigh towards the torso. Switch legs.</p>	
<p>Glute Mod. (Thigh to Chest)</p>	<p>Sit on a chair with both feet planted on the ground. Pull thigh in towards the chest. Switch legs.</p>	
<p>Lower Back</p>	<p>Lay flat on your back, take the right leg and cross it over the left leg. Keep shoulders on the floor.</p>	
<p>Lower Back Mod. (Lower Trunk Rotation)</p>	<p>Sit on a chair and use the back of the chair to rotate the trunk to the left. Switch directions.</p>	