

COOL DOWN

A cool down is important to relax the body and return the body to a steady state at rest. Static stretching during the cool down should be performed within the constraints of maximum range of motion and should be pain free by the athlete performing the stretch.

List of stretches:

- Calf Stretch
- Hamstring Stretch
- Quad Stretch.
- Glute Stretch
- Groin Stretch.
- Lower Back Stretch

Each stretch should be performed for 15 to 30 secs twice per muscle group.

