

Cool-Down Stretches

Eight stretches × 20-second hold

- Quadriceps — stand, pull one foot up to bottom. Keep knees together.
- Hamstring — sit, one leg out, reach for toes. Keep back as flat as possible.
- Calf — push against a wall, one leg back with heel down.
- Hip flexor — half-kneel, push hips gently forward.
- Shoulder — pull one arm across the chest, support with the other.
- Triceps — reach one hand down the spine, gently push the elbow.
- Side bend — feet shoulder-width, reach one arm overhead, lean.
- Child's pose — kneel, sit back on heels, reach arms forward to floor.

