

## Cooling down

It is important to include some cooling down activities at the end of each session to make sure your participants are relaxed and revitalised and that their bodies have returned to a pre-activity state.

Mobilising exercises from the warm up can be included here and should be done at a slower pace. Stretches for the main muscles shown should be included using the following guidelines:

- Take the stretch to the point of mild tension only
- Avoid bouncing or jerking the stretch
- Hold each stretch for up to 15 seconds and repeat if necessary
- Keep breathing as you stretch
- Avoid stretches on muscles that cross joints that are inflamed or uncomfortable

## Chest stretch

Sit tall in the chair and lift head and chest.  
Place hands behind either on the back of the chair, on the small of the back or clasp fingers.  
Draw shoulder blades together and lift chest.



## Back of arm stretch

Sit tall in the chair and place one hand on the shoulder, walk the fingers down the back as far as comfortable. Gently press the elbow back with the other hand.



## Side stretch

Sit tall in the chair and place hand on the seat, reach up with the other hand. Keep hips forward and feet flat. Avoid leaning over to the side.



### Upper and lower back stretch

Sit on the front third of the chair with the hands together in front. Push the hands away keeping the elbows bent as if hugging a ball. Lengthen the spine to increase the stretch in the low back.



### Inner thigh stretch

Place the feet comfortably apart. Keep back straight and lean forward from the hips gently pressing knees out to the sides.



### Back of thigh

Sit tall in the chair and take one foot out in front. Lean forward from the hips keeping the spine straight and hands on bent leg.



## Front of hip

Hold chair for support. Take a large step forward lifting the back heel off the floor then bend both knees and push the hips forward.



## Front of thigh

Hold chair for support. Bring one foot up behind and hold the ankle or trouser leg. Keep knees together and thighs parallel. Keep hips facing forward and supporting leg bent.



## Calf

Hold the chair for support. Place one foot behind you and push the heel into the floor. Bend the front knee and lean forward keeping the body in a line from head to heel.



