

COOL DOWN

MKSTORM



Cool down

<https://www.youtube.com/watch?v=Exp5n2jHHU8>

Instead of counting, perform each stretch for 5-10 deep diaphragmatic breaths.

Grounded or seated frog stretch

Grounded or seated glute stretch

Seated piriformis stretch – DO CAREFULLY

Hip flexor stretch – start on ground

Calf/Achilles stretch

https://www.youtube.com/watch?v=NYy_5Qf55pA

Anterior delt/pec stretch – both sides

Posterior delt/lat stretch – both sides

Rotator cuff stretch – both sides

Lying quad stretch

Seated hamstring stretch