

# Cool-down #1

## **Gross motor movements:**

- Cycling at 60% of MHR, 5Km.
- Jogging, 1Km.
- Walking, 500m.
- Forward lunges while walking, 20 times.

## **Stretching:**

### - Ballistic stretches

- *Hamstrings.*
  - Swing leg backwards & forwards through full range of movement.

### - Proprioceptive neuromuscular facilitation

- *Hamstrings.*
  - Person 'A' raises leg to maximum height. Person 'B' holds leg, resists pressure applied by person 'A'.

### - Static stretches

- Achilles tendon.
- Gastrocnemius.
- Soleus.
- Tibialis anterior.
- Hamstrings.
- Quadriceps.
- Hip flexors.
- Gluteus maximus.
- Lower back.

All stretches should be held for 20 seconds & repeated twice. Bouncing should be avoided, as it can lead to injury. Stretches should not cause pain. Left & right sides should be stretched evenly.