

Cool-down #4

Gross motor movements:

- Slow jog at 60% of MHR, 3 minutes.
- Large arm rotations, 30 seconds.
- Sit-ups at 50% of MHR, 10 times.

Stretches:

- Static stretches
 - Gastrocnemius.
 - Hamstrings.
 - Quadriceps.
 - Abductors.
 - Gluteus maximus.
 - Lower back.
 - Abdominals.
 - Lats.
 - Deltoids.
 - Trapezius.
 - Biceps.
 - Triceps.

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.