

Cool-down #5

Gross motor movements:

- Cycling at 60% of MHR, 5 minutes.
- Back raises at 50% of MHR, 20 times.

Stretching:

- Static stretches
 - Gastrocnemius.
 - Tibialis anterior.
 - Quadriceps.
 - Hamstrings.
 - Gluteus maximus.
 - Lower back.
 - Abdominals.
 - Obliques.

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.