

Cool-down #6

Gross motor movements:

- Cycling at 60% of MHR, 10 minutes.

Stretching:

- Proprioceptive neuromuscular facilitation

- *Hamstrings.*

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

- *Quadriceps.*

- Person 'A' lies prone on floor. Person 'B' straddles person 'A', facing towards the feet. Person 'A' bends nearest knee upwards, person 'B' pushes foot downwards, person 'A' resists.

- *Lats, deltoids, pecs.*

- Person 'A' places arms back, behind shoulders. Person 'B' applies pressure, resisting person 'A'.

- Ballistic stretches

- *Hamstrings.*

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

- *Lower back, hamstrings.*

- Alternating toe touches, rising after each touch.

- Static stretches

- Achilles tendons.

- Gastrocnemius.

- Hamstrings.

- Quadriceps.

- Gluteus maximus.

- Abductors.

- Hip flexors.

- Lower back.

- Abdominals.

- Pecs.

- Lats.

- Biceps.

- Triceps.

- Deltoids.

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.