

Full Body Cool Down (Static Stretching)

Series of static stretches to perform at the conclusion of a session.



Setup

Have participants form a semicircle with teacher in center and visible to all.



Instructions

Perform the exercises listed below. Hold each stretch for approximately 30 seconds.

■ Calf & Achilles Stretch

 No Equipment



Calf Stretch

- Brace against a wall or other support with arms outstretched at shoulder height.
- Take a large step backward with one leg.
- Bend the front knee while keeping the back leg straight and the back heel planted on the ground.
- Lean forward slightly while actively pushing the back heel into the ground to feel a good stretch in the calf of the back leg.
- Keep the back straight and the shoulders squared.
- The knee of the lead leg should never extend in front of the toes.
- To intensify the stretch, step farther back with the trailing leg.
- Hold for 30 seconds; repeat with the other leg.



Achilles Stretch

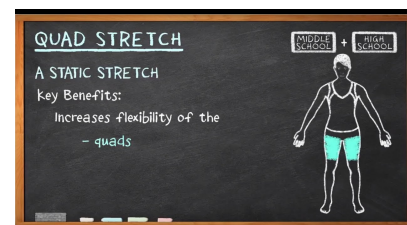
- Move the back foot forward a bit and bend the back leg slightly while keeping both heels on the ground.
- Keep both feet facing forward and the back heel planted firmly on the ground.
- Keep the back straight and the shoulders squared.
- The knee of the lead leg should never extend in front of the toes.
- Hold for 30 seconds; repeat with the other leg.

■ Quadriceps (Quad) Stretch

 No Equipment



- Standing upright, bend one knee behind the body, grasping the ankle with the hand from the same side. Gently pull the foot toward the glutes, bringing it as close as you can without overstretching or causing pain.
- Keep the knees together throughout the stretch.
- Keep the body upright and hips level.
- Keep the feet in line with the body.
- Don't lean in any direction or pull the foot out to the side.
- If necessary, use the free arm to brace the body against a wall or other support for balance.
- Hold for 30 seconds; repeat with the other leg.



■ Standing Hamstring Stretch

 No Equipment

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Instructions

- Take one leg and cross it over the other.
- Take your hands and reach up to the sky and slowly count down from 10 as you reach to your toes.
- Bend at the hips when reaching for your toes.
- Keep the back knee straight throughout the stretch.
- Relax the neck and let the head hang down.
- Keep knees and toes pointed forward.
- Breathe deeply.
- Hold for 20 seconds, repeat with other leg.



IT Band Stretch

 No Equipment



Instructions

- Standing upright, cross your right leg over your left.
- The feet should be about twelve inches apart.
- Lean to your right while pushing your hips to the left.
- For a more effective stretch, reach your left arm up and over your head toward the right.

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- At this point, you should feel a slight stretch along the outside of your left hip, thigh, and knee.

Hold for 30 seconds, repeat on other leg.



Cues

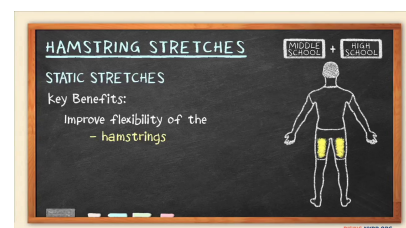
- Keep your back knee straight. Place most of your weight on your back leg.
- Keep your weight distributed evenly on the bottom of your foot.
- Make sure your hips face forward throughout the exercise; they should not twist with the legs.
- Maintain a long spine as you lean; don't collapse at the waist.
- Remember to breathe fluidly and be patient, as it's a tricky stretch to feel.

■ Floor Hamstring Stretch

 No Equipment



- Lying on the back, raise one leg as high as it will naturally go; keep the other leg flat on the ground. Grasp the raised leg at the back of the thigh, just below the knee, and pull it gently toward the upper body to feel a good stretch through the hamstrings.
- Keep both legs as straight as possible.
- The hips should remain on the ground.
- The torso and neck should be relaxed and the head should stay on the ground.
- Flex the toes toward the shins to feel more of a stretch.
- Avoid bouncing or overstretching.
- Breathe deeply and stretch the raised leg a little closer to the body on each exhale.
- Count 10 seconds as the torso folds forward, then hold for 20 seconds; repeat with other leg.



■ Butterfly Stretch

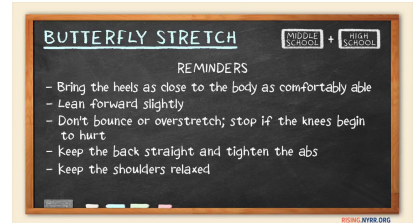
 No Equipment



Instructions

- While sitting on the ground, bring the soles of the shoes together, allowing the knees to point out to each side.
- Relax the shoulders and tighten the abs to keep the back straight.
- Grasping the ankles, draw both heels in as close to the body as is comfortable.
- Lean forward slightly and hold the position.
- For an even deeper stretch, press the thighs down with the elbows to bring the knees closer to the ground.
- The stretch should be felt through the inner thighs, hips, and groin.
- Don't bounce or overstretch; stop if the knees begin to hurt.

Hold for 30 seconds.



■ Glute Stretch

 No Equipment



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- Start by lying flat on the back with the knees bent and the feet on the ground.
- Relax the torso and neck, letting the head rest on the ground.
- Rest one ankle on top of the opposite knee.
- Reaching through the legs, gently pull the bottom thigh toward the chest, raising the bottom foot off the ground.
- This stretch should be felt in the glutes of the top leg.
- Don't overstretch; maintain a comfortable level of tension. Hold the stretch for 30 seconds, repeat on the other side.

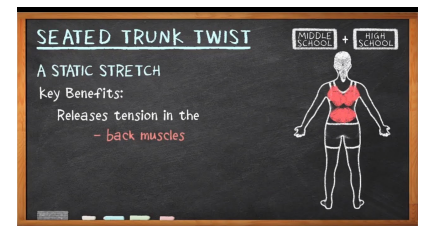


■ Seated Trunk Twists

 No Equipment



- While seated and with the legs straight out in front, bend the right leg and cross it over the left.
- Place the right foot flat on the ground next to the left knee.
- Place the left elbow on the outside of the bent knee, gently pushing the leg inward.
- Put the right hand on the ground behind the body for stability while keeping the right arm straight and gently twisting the torso to the right. Avoid leaning back during the twist.
- Hold for 30 seconds; repeat on the other side.



■ Arms Overhead Stretch

 No Equipment



Instructions

- Make sure both feet are planted flat on the ground directly under the knees and hips.
- The hips should not push out to either side.
- Reach for the sky and hold for ten seconds.
- Lower the right arm to the side and use the left arm to reach up and over the head toward the right.
- When the arm reaches up and over, the spine should stay long, without collapsing to the side.
- Extend the arm for a good stretch.
- Let the free hand hang down at the side, not rest on the hip.
- Avoid twisting or leaning forward or backward.
- Allow the torso to stretch along with the outstretched arm; the arm should lead the motion, reaching up and over as far as it comfortably can.
- Repeat on the other side.
- **Duration/Reps:**
 - Hold each part of the stretch—the upward reach and the sideways extension—for ten seconds.

■ Arm Stretch: Triceps

 No Equipment

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Instructions

- Keeping the neck and spine straight and making sure not to bend the upper body backward or sideways, bring the right arm across the body.
- Use the left hand or forearm to hold the right arm against the chest.
- Hold for 30 seconds; repeat with the other arm.

