

Cool Down : 5 minutes

Repeat warm up moves decreasing intensity and speed

Stretch out using the moves below



Standing Hamstring / Calf Stretch

Stand tall with one foot in front of the other. Bend back knee and place hands on back leg as you push hips back to lean upper body forward. Hold and stretch for 10-15 secs. Raise toes on front foot to feel stretch into calf and hold for another 10-15 seconds. Repeat on other leg.



Quadriceps/Hip Flexor Stretch

Stand tall, hold on to a chair or wall for support. Take one hand and hold same foot back behind you so heel is towards buttocks. Encourage knees to stay together and gently push hips forward. Maintain a soft bend in supporting leg. Hold for 20-30 secs and repeat on other leg.



Chest Stretch

Stand tall with soft bend in the knees. Roll shoulders back and place hands on the base of your back. Relax neck and shoulders as you encourage elbows to come together. Hold for 20-30 seconds.



Upper Back Stretch

Stand tall with good posture and soft bend in knees. Roll shoulders forward and clasp hands together, keep a soft bend in your elbows as you push hands away and drop your head down. Hold for 20-30 seconds