



COOL DOWN

After exercise, your heart rate is elevated and your body temperature is raised. Taking 5 minutes to actively stretch helps your body restore balance, relieve aches and pains, and increase blood flow. With these simple stretches, you will recover more efficiently between bouts of exercise and your flexibility will increase, allowing you to reach your goals faster.

Suggested cool-down activities

IT Band and Glute Stretch with Resistance Band



Place a resistance band around your right foot. Lie on your back, and lift your left leg up and across your body. Keep your shoulders flat against the floor as you extend your left arm out from shoulder. Pull band gently with right hand until a stretch is felt. Hold for 2 seconds, relax, and repeat 5 times on each side.

Hamstring Stretch with Resistance Band



Lie on your back with legs extended out. Place a resistance band around your left foot. Slowly create tension on the band by pulling towards you while keeping left leg extended to the ceiling, right leg flat on the floor. Hold for 2 seconds, bend your left leg while still lifted, and straighten back out. Repeat 5 times on each side.

Shoulder and Triceps Stretch with Resistance Band



Reach your right arm up and bend your elbow behind your back, grasping the band. Gently pull down on the band with your left hand to create tension. Exhale and hold the stretch for two seconds. Reach your left hand up back as high as possible and give gentle assistance with your right hand. Exhale and hold stretch for two seconds. Repeat 10 times on each side.

WELLNESS
CHANGES
EVERYTHING

