



















# Cool Down Stretches

**Aim:** To stretch all the major muscle groups

**Time:** 10 minutes

**Duration of hold:**

15 seconds for maintenance stretches.  
30 seconds for developmental stretches.

Exercise	Teaching Points	Alternatives/Progression
<b>Lats/ Obliques</b> 15 seconds R/L 	<ul style="list-style-type: none"> <li>Support the upper body.</li> <li>Lean directly to the side.</li> <li>Avoid bouncing.</li> </ul>	<ul style="list-style-type: none"> <li>Standing.</li> </ul>
<b>Trapezius &amp; Posterior Deltoid</b> 15 seconds 	<ul style="list-style-type: none"> <li>Maintain a neutral lower spine.</li> <li>Engage the abdominals</li> </ul>	<ul style="list-style-type: none"> <li>Standing.</li> </ul>
<b>Triceps</b> 15 seconds R/L 	<ul style="list-style-type: none"> <li>Keep the back neutral.</li> <li>Gently press the elbow behind the head.</li> <li>Take care not to hyper-extend the spine.</li> </ul>	<ul style="list-style-type: none"> <li>Standing. push against underneath of arm</li> </ul>
<b>Pectorals &amp; Anterior Deltoid</b> 15 seconds 	<ul style="list-style-type: none"> <li>Relax the chest and keep the back neutral.</li> <li>Sit tall, chin lifted.</li> </ul>	<ul style="list-style-type: none"> <li>Standing.</li> </ul>
<b>Erector spinae</b> 15 seconds 	<ul style="list-style-type: none"> <li>Avoid holding the breath</li> <li>Relax the neck.</li> </ul>	
<b>Hamstrings</b> 30 seconds R/L 	<ul style="list-style-type: none"> <li>Straighten the knee.</li> <li>Keep the hips on the floor.</li> <li>Maintain a neutral spine.</li> <li>Only increase if tension eases.</li> </ul>	
<b>Abductors</b> 15 seconds R/L 	<ul style="list-style-type: none"> <li>Sit upright.</li> <li>Gently with both hands draw the thigh to the left.</li> </ul>	<p>Supine with ankle on opposite knee</p>
<b>Adductors</b> 30 seconds 	<ul style="list-style-type: none"> <li>Gently press down on the thighs.</li> <li>Keep the back neutral.</li> <li>Only increase if tension eases.</li> </ul>	
<b>Soleus</b> 15 seconds R/L 	<ul style="list-style-type: none"> <li>Sit tall.</li> <li>Slight lean from the hips.</li> <li>Abdominals tight.</li> </ul>	
<b>Quadriceps &amp; Hip flexors</b> 30 seconds R/L 	<ul style="list-style-type: none"> <li>Keep the knees together.</li> <li>Gently press the hip into the mat.</li> <li>Support the head with the other arm.</li> <li>Avoid twisting the knee.</li> </ul>	<ul style="list-style-type: none"> <li>On side.</li> </ul>
<b>Rectus abdominis</b> 15 seconds 	<ul style="list-style-type: none"> <li>Keeping the hips into the mat with the elbows resting on the floor, gently lift the sternum up and hold. Look forward.</li> </ul>	
<b>Gastrocnemius</b> 15 seconds R/L 	<ul style="list-style-type: none"> <li>Bend the front leg, place the other leg directly behind you in line with the hips</li> <li>Gently press the heel into the floor.</li> </ul>	

spine needs to be in flexion - a knee hug does mainly glutes and possible some lower back

Don't pull the leg up - better to push the hip down