

Purpose of a cool-down

Re-pay oxygen debt.

Avoid blood pooling.

Reduce tension in muscles.

Disperse lactic acid.

Facilitate muscle recovery.

Remove waste products.

Maintain and develop flexibility.



Active iQ

Cool-down guidelines

- **Cardio-flush:** A CV cool-down after resistance training helps to provide the muscles with nutrients and oxygen to aid recovery.
- **Pulse-lowering exercise:** Heart rate should be reduced gradually at the end of a session to avoid blood pooling.
- **Stretch:** Bring muscles back to their normal length and develop range of movement in tighter muscles.



Cool-down flexibility guidelines

- Static maintenance: (10–)15 seconds.
- Static developmental: 30–60 seconds.
- All muscles worked during the session should be stretched.
- Stretch should be taken to the point of mild tension; it should not be painful.

