
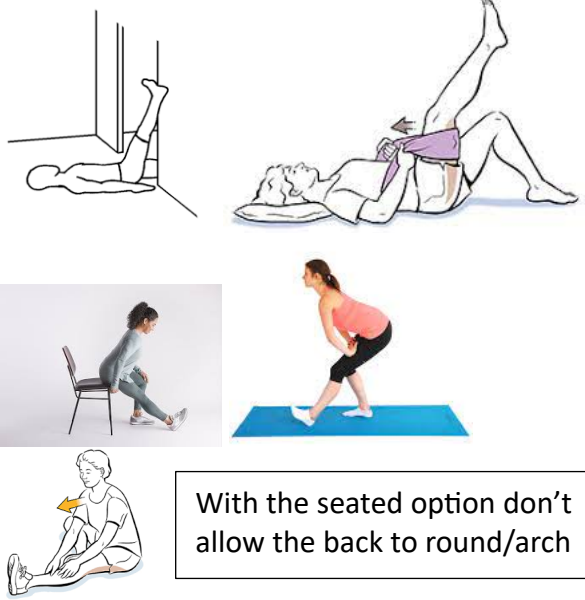


COOL DOWN STRETCH

Music source

BPM range (if applicable). NA just using relaxation music in the background

Approach for D stretching is as follows and the same principle will be used for all D stretches: Breathe in and as you exhale take the stretch to where you feel mild tension in the belly of the muscle. Hold the stretch. If the tension leaves the muscle gently increase the stretch. After around 15 seconds take a breath and as you exhale try to increase the ROM and deepen the stretch – ensuring no pain.

Music breakdown (if applicable) Duration of hold	Exercise (naming the muscle being stretched) –say whether M or D	Teaching / coaching points	Modifications and options
<p>30 seconds</p>	<p>D stretch for the hamstrings</p>  <p>This is the version I plan to teach.</p>	<p>Relaxed supine position. Non stretching leg is bent so as to reduce tension in the back. Keep the stretching leg as straight as possible. Hold behind the thigh or calf (not behind the knee as this might cause the leg to bend and make the stretch less effective).</p> <p>Breathe in and follow D stretching guidance. Keep torso relaxed and hips on the ground. Keep the foot of the stretching leg relaxed – flexing the foot will compound the stretch adding in the calf. Stay focused just on the hamstring.</p> <p>Relaxed breathing throughout – keep focusing on the stretch and let the tension wash out of the muscle</p> <p>Use a band, strap or towel if you cannot reach behind your thigh. Or take another option.</p>	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>With the seated option don't allow the back to round/arch</p> </div>