

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
Lats/ Obliques 15 seconds R/L 	- Support the upper body. - Lean directly to the side. - Avoid bouncing.	Standing.
Trapezius & Posterior Deltoid 15 seconds 	- Maintain a neutral lower spine. - Engage the abdominals	Standing.
Triceps 15 seconds R/L 	- Keep the back neutral. - Gently press the elbow behind the head. - Take care not to hyper-extend the spine.	Standing. push against underneath of arm
Pectorals & Anterior Deltoid 15 seconds 	- Relax the chest and keep the back neutral. - Sit tall, chin lifted.	Standing.
Erector spinae 15 seconds 	- Avoid holding the breath - Relax the neck.	
Hamstrings 30 seconds R/L 	- Straighten the knee. - Keep the hips on the floor. - Maintain a neutral spine. - Only increase if tension eases.	
Abductors 15 seconds R/L 	- Sit upright. - Gently with both hands draw the thigh to the left.	Supine with ankle on opposite knee
Adductors 30 seconds 	- Gently press down on the thighs. - Keep the back neutral. - Only increase if tension eases.	
Soleus 15 seconds R/L 	- Sit tall. - Slight lean from the hips. - Abdominals tight.	
Quadriceps & Hip flexors 30 seconds R/L 	- Keep the knees together. - Gently press the hip into the mat. - Support the head with the other arm. - Avoid twisting the knee.	On side.
Rectus abdominis 15 seconds 	Keeping the hips into the mat with the elbows resting on the floor, gently lift the sternum up and hold. Look forward.	
Gastrocnemius 15 seconds R/L 	- Bend the front leg, place the other leg directly behind you in line with the hips - Gently press the heel into the floor.	