



Cool Down Exercises

General Tips

- Gradually slow down your pace and intensity over 3 to 5 minutes
- These are mostly stretching exercises designed to improve flexibility
- You should feel a stretch or tightness in the muscle/joint, but not pain
- Hold the stretches for at least 15 to 30 seconds
 - 30 to 60 seconds is best for flexibility improvement
- Breathe very deliberately by inhaling and exhaling a little longer than you normally do