

c. Cool-down

MODULE 6

Just as warm-ups ease your body into exercise, cool-downs ease your body out. For your cool-down, repeat the warm-up exercises.

Here is the list of warm-up exercises that are also used for cool-down.

1. Alternate or Upward Arm Stretches
2. Elbow Circles
3. Neck Stretches
4. Head Rotation
5. Calf and Hip Stretch
6. Tailor Sitting
7. Leg Stretching

