

POST-WORKOUT COOL-DOWN STRETCHES

Warming your body up before a workout or activity is important, however **cooling down properly after exercising should also be a priority.** Try these cool-down stretches to keep your body limber and **reduce aches and pains** following your workout.



GASTROC STRETCH

Extend one leg behind the body while keeping the heel flat on the ground and bending the other leg, aiming to stretch the calf muscle.



SOLEUS STRETCH

From standing, bend the knee of one leg while keeping the heel on the ground, targeting the deeper calf muscle beneath the gastrocnemius.



HAMSTRING

Bend forward at the waist with legs straight or slightly bent, aiming to feel a gentle pull along the back of the thighs, targeting the hamstring muscles. Use a bench if easier.



HIP FLEXOR

Lunge forward with one leg while keeping the other leg extended behind, aiming to stretch the muscles at the front of the hip and thigh.



PEC STRETCH

Extend one arm out to the side and place the palm against a wall or door frame at shoulder height, then turning away from the arm to stretch the chest muscles.



SHOULDER

Bring one arm across the body and use the other arm to gently pull it closer, aiming to stretch the muscles around the shoulder joint.



WRIST STRETCH

Do circles with each wrist. You can also use your other hand to pull the fingers of the opposite hand back toward you to increase the stretch.



SIDE STRETCH

Reach one arm overhead and bend the torso sideways towards the opposite direction, elongating the muscles along the side of the body, particularly the obliques and intercostal muscles.

Aquacare's expert physical therapy teams can help you prevent and recover from injuries.

AQUACARE - MILFORD:
21 WEST CLARKE AVE, SUITE 1500
302-491-4196