

## Basic Low Impact Cool-Down

1. Squat to Backward Lunge – 5 per side
2. Walk Up / Walk Downs – 5
3. Squat to Side Step
4. Caterpillar with Planking (plus pushups) – 5
5. Squat to Karate Kicks – 10 inward, 10 outward

## Basic Six Stretching – 15 seconds each stretch

1. Calves – back leg straight, toes toward wall, then – back leg flexed at 120°
2. Quads – be sure knee points straight down
3. Groin - Half straddle - Stand with feet about twice shoulder width. Squat down so that one leg is straight is out to the side. Switch legs.
4. **ITB#1** Stand near a wall or something else for balance. Cross right leg over left, keeping left knee straight. Feet should be placed about shoulder width apart, pointing forward. Bend to the right side, so that tension is felt on the outside of the left hip – or -  
**ITB#2:** Lie on back on floor. Keep left leg flat on floor, bring right knee toward your chest. Grab your right ankle with your left hand and twist the leg inward. At the same time, using your right hand, pull your right knee across your body toward your left shoulder. This is the better of the two.
5. **Hamstring** - Stand with legs crossed, feet side by side, back leg straight. Bend straight forward. This can also be done while seated on the floor.
6. **Hip Flexor** – Kneel on one knee so that your front foot is about 1 ½ feet in front of the other knee. Rock forward 'til you feel a stretch on the front of your hip.