

# Exercise of the Month



## Cool-Down & Static Stretching

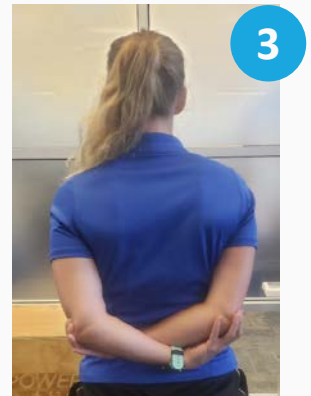
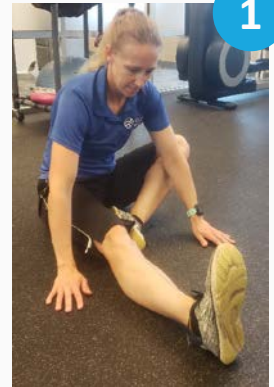
**Purpose:** A cool down returns the body back to a steady state while stretching can help decrease muscle stiffness. Stretching can enhance flexibility, which can improve quality of movement.

**Target Muscles:** Hamstrings, Glutes, Hips, Chest

**Equipment Needed:** Mat

**Movement:** Hold each stretch for 15-30 seconds. Perform stretches 2-3 times.

- 1. Seated Head-toward-knee Stretch:** Sit with your right leg stretched out in front of you and your left leg bent, relaxed and pointing away from the body. Lengthen your spine and slightly rotate the torso toward the stretched leg. Gently fold forward. Hold and repeat on the other side.
- 2. Reclining Figure 4 Stretch:** Begin by lying on your back with both knees bent and feet flat on the floor. Cross your right foot over your left thigh and bring your legs toward the torso. Hold and repeat on the other side.
- 3. Behind the Back Chest Stretch:** Seated or standing, begin with arms hanging by your sides and shoulders pressed down away from your ears. Gently squeeze your shoulder blades together, broaden your chest and then bring the arms behind the back and grip elbow to elbow.



**Sources:**

<https://www.acefitness.org/education-and-resources/lifestyle/blog/5657/5-chest-stretch-variations>

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6499/flexibility-exercises-for-beginners>