



## COOL DOWN

- Prayer position holding center, right and left
- Cat cow
- Downward dog pedaling out the feet
- Forward fold swaying side to side
- Tricep stretch across chest and behind head
- Slow head rolls

**1**

### KEY NOTE

Hold static position  
for 30 seconds.

**2**

### KEY NOTE

Active stretched move  
through for 7-10 reps

**3**

### KEY NOTE

Aim to do this program  
after every session.



**Tip 1**  
Do after every  
workout



**Tip 2**  
Move slowing  
with control.



**Tip 3**  
Focus on bringing  
breathing back to  
normal though  
stretch