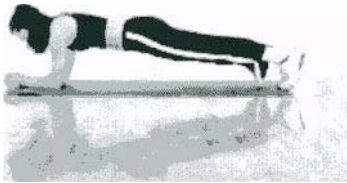


# OFF-ICE Cool Down EXERCISES

## PRONE BRIDGE



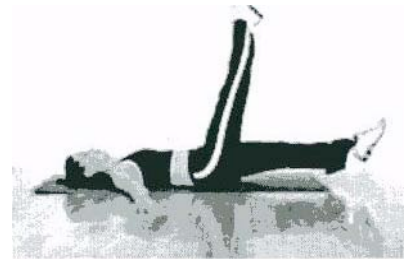
Start propped up on elbows and toes, hold abs braced to keep back straight.

## SIDE BRIDGE



Start in Prone Bridge then rotate to 1 side and hold, keep abs braced.

## ALT LEG LOWERING



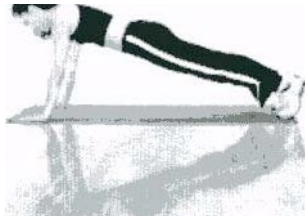
Start with both legs up. Alternate lowering each leg close to floor w/out allowing back or pelvis to rock.

## CRUNCHES



Start flat on back with knees slightly bent. Brace abs then crunch up slightly to lift shoulder blades off the floor

## PLANK



Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

## SIDE PLANK



Start in Rank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

## STANDING HAMSTRING



Both feet point straight ahead

## CALF STRETCH



Both feet point straight ahead.

## STRADDLE SIT



Keep knees straight and spine long