

COOL DOWN MENU

SELF-MYOFASCIAL RELEASE (Foam Roll/Tennis Ball)- hold on tender spots and slowly roll over the whole muscle. Refrain from rolling over joints such as the knee or hip.

- **Lower Body**

- Bottom of foot: use a tennis ball or similar to roll out the plantar fascia.
- Soleus (inner calf): use a foam roller.
- Gastrocnemius (outer calf): use a foam roller.
- Quadriceps: use a foam roller; if this does not produce enough pressure a soft ball or similar may be used. Roll out one leg at a time and focus on tender spots by holding in place for 30 seconds at a time.
- Hip Adductors (inner thigh): use a foam roller.
- IT Band (outer thigh): using a foam roller focus on the upper region towards the hip and the lower region toward the knee. Refrain from rolling over the bone but hold on tender spots for at least 30 seconds.
- Piriformis (glutes): sit down on a foam roller and place majority of your weight to one side with pressure on your gluteus. The leg opposite of the side your weight is on will be crossed over the leg on the ground.

- **Upper Body**

- Latissimus Dorsi (lats): using a foam roller lay on one side. Raise the arm that is resting on the ground and place the foam roller under your armpit. Refrain from rolling over your ribs, this could be very painful and bruise your ribs.
- Back & Trapezius: using a foam roller lay on your back and place the roller across your shoulders. Place feet on the ground and raise your hips in the air. Roll back and forth by pushing and pulling with your feet and allowing the roller to travel from your upper back to mid-back. Refrain from rolling over your spine, especially towards your lower back.

STATIC STRETCHES

- **Lower Body:** hold each position for at least 30 seconds, release and re-engage attempting to stretch further.
 - Hamstring: sitting on the ground place one leg out in front while bending the other leg and placing the sole of the foot against the inner thigh, lean forward reaching for your toes. Do not pull on your toes to get a further stretch.
 - Calf Stretch: standing facing a wall place one foot 18-24 inches away from the wall. The other foot will be an additional 18-24 inches behind the front foot. Pushes on the wall with your hands at shoulder level while keeping the front leg slightly bent and the back leg straight. Both feet are to stay flat on the ground.
 - High Flexor: drop down into a lunge position with the knee resting on the ground. Keeping the upper body fully erected lean forward while making sure the front knee does not base the toes. The stretch should be felt in the hip and inner thigh region.
 - IT Band: sit down on the floor with legs straight out in front of you. Cross your left leg over your right with the knee brought to the chest. Rotate toward the left and use your elbow to put pressure on the bent knee to extend further. Switch side once done.
 - Quadriceps: lay face down on the floor. Bring one leg up toward your buttock and reach back to grab your ankle. Keep the thigh on the ground while pulling on the ankle.
- **Upper Body**
 - Chest: hold your arms out to the side with the palms facing forward. Stretch your arms back as far as they go and hold.
 - Upper Back: interlock your fingers and push your hands as far away from your chest as possible.
 - Shoulders: place your right arm across your chest. With the left arm pull your right arm closer to your chest.

*The muscles used in the workout you performed today should be priority to stretch. Once you stretch the muscles worked today you can then work on muscles which may be tight from previous workouts.