

NEW COOL DOWN 2017

- BEACH BALL** Arms forward to go over the beach ball, curve the whole back and open to arch
- FLAT BACK** Breathe in arms up and plank out with flat back.
- SIDE STRETCH** Reach out from waist, add lunge
- LUNGE** Side stretch with lunge, reach hand to foot with full arm stretch. Turn to face side in a lunge, return back to reach foot and recover
- NECK STRETCH** Place hands gently behind head and bend head and neck forward, recover and hands come over the head to perform a full stretch to the floor stretching your hamstrings and roll up.

Shorthand

- Intro:
- 4 x Over the beach ball
4 x Into forward stretch with flat back (arms up 1, 2 into flat back 3, 4)
2 x full circle stretch using arms 8 counts each way
4 side stretches reaching out from waist, 1,2,3,4
2 x side stretch with lunge 5, 6, join arms over head on 2nd lunge 7, 8.
- Repeat side stretch section starting other side
Lunge to side 1, reach to foot 2, turn to side 3, 4, return to reach foot 5, 6, back to lunge 7, 8. Repeat other side.
Repeat lunge section
2 x neck stretch. Neck forward 1,2, recover 3,4. Full stretch over 5,6, recover 7,8.
Finish with beach ball curve