

# Indoor/outdoor cool-down stretches

After finishing your workout, take some time to 'cool-down' and stretch out your muscles! Walk or jog for 2 minutes, and then hold each stretch for 10-30 seconds. Here are the some areas to focus on:

### Lower Body

**Quadricep** - front of the thigh

**Hip flexor** - front of the hips

**Calf** - back of the lower leg

**Hamstring** - back of the upper leg

**Glutes** - buttocks

**Groin** - inner thigh

**IT band** - outside of the hip

### Upper Body

**Shoulder** - outside of the upper arm

**Bicep** - front of the upper arm above elbow

**Tricep** - back of the arm above elbow

**Abdominals** - stomach area below chest and above hips