

Static stretches/cool-down suggestions

**This is a list of suggested stretches you can use at the end of any of the 12-week workouts to improve overall flexibility and aid in recovery. Each stretch can be held anywhere between 15-45 seconds each and repeated if necessary.*

1. Seated HS stretches
2. Seated groin stretch
3. 90-90 stretch
4. Lying fig. 4 stretch
5. Down-dog
6. Up-dog
7. Runner's lunge
8. Couch stretch
9. Banded shoulder stretch

