

## Post-Workout Cool-Down Stretches (Static Stretching)

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*These are meant to be cool-down exercises for concluding your workout. Hold each of these for approximately 15-20 seconds. Feel free to add a little variation as it suits you and dependent upon what part of your body you worked out that day. Also, doing things like upward dog (for stretching your abs), cat stretch (for your spine), or wrist flexors (push your hand gently toward you and then downward for 10 seconds each) are also good supplementary stretches to just about any workout.*

1. **Cross-body shoulder stretch** – arm across front of body, parallel with floor. Hold arm in place with your other arm.
2. **Overhead Triceps Stretch**
3. **Yoga Shoulder/Arm Stretch**
4. **Reachers** – Hands up, pushing backs of hands toward the wall behind you above your head.
5. **Chicken Wing** -- look up, down, and front and hold for a 3-4 seconds each on each side.
6. **Crossed Arms** – in front, cross arms and squeeze.
7. **Chest Stretch** – arms behind, clasped hands, push back and down with chest out.
8. **Leg-up** – hold knee to your chest with your arms and balance on the opposite foot.
9. **Quad Stretch** – Stand as straight as possible and hold one foot against your backside while balancing on the other foot.
10. **Toe Touch**
11. **Split Leg Hamstring Stretch** – alternate legs front/back and bend forward.
12. **Front/Right/Left Leg Stretch**