

Warm Down Stretches

:30 Knee Hugs [hold each stretch for about 5 seconds before releasing]

:20 Standing Quad stretch Left Leg [Pull Left heel in towards your rear, knee pointing down, Right arm stretched up high and hold]

:20 Standing Quad stretch Right leg

:20 Standing Hamstring stretch Left leg [Stretch left leg out in front, toes up and sit back as if squatting on right leg and hold]

:20 Standing Hamstring stretch Right leg

1:30 Dynamic Runner Lunge, Alternating Legs. Hold each stretch for about 5 seconds. [Lunge forwards on left leg, place right hand on the ground and drop left elbow inside the left leg, the stretch it out, looking up to the left hand. Alt. with the right leg lunging forwards etc.]

:20 Downward Dog, **do some knee bends**

:20 Up Dog

:30 Child's pose [sit back on heels and walk finger tips out in front as far as possible]. Press chest to the ground

:20 Butterfly Stretch

:20 Butterfly Stretch with feet further away from the body and try to touch feet with head

Pull knees into your chest and rock Back & Forth!

Improve your kicking, Work on Ankle flexibility.

****This is Important☺**

Sit on your feet, butt on your heels. Lean back onto your hands and lift your knees up and down, stretching your ankles. Can do this together and alternating legs.

After you have warmed up your ankles, see if you can lean back onto your elbows, and then flat on your back.

Raise your knees up and down from this position if you can.

Get back up in stages, onto your elbows, then hands etc.

Do some ankle rotations after stretching. Rotate each ankle, 10 big circles forwards and backwards.

Try some Yoga. Improve flexibility, body posture and relax.

Here's a U-Tube link to a easy relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

This is a great way to unwind the day.