

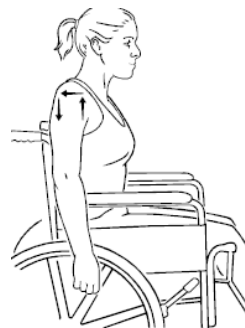
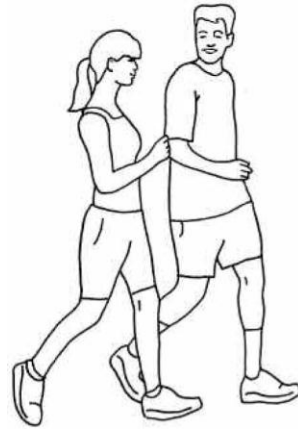
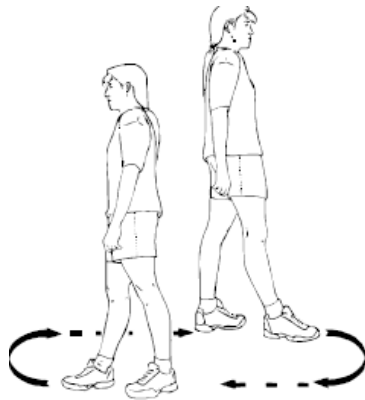
Step 1 Cool Down



Cool down after any fitness activity.

A cool-down lasts about **10** minutes.

SOME IDEAS FOR COOL-DOWN:



Move slowly and gently.

Step 2 Cool-Down Stretches

