ROLLER SKATING COOL DOWN

5 stretches to help your body recover

1 STANDING QUADRICEPS STRETCH



2 × 30 SECONDS

Pull one heel toward your bottom and hold. Switch legs.

Use a wall or teammate for balance if needed.

2 SEATED HAMSTRING STRETCH



2 × 30 SECONDS

Sit with your legs straight. Reach toward your toes and hold.

3 HIP-FLEXOR STRETCH



2 × 30 SECONDS

Kneel on one knee with the other foot forward. Gently push your hips forward. Switch sides.

4 STANDING CALF STRETCH



2 × 30 SECONDS

Hands on a wall. Step one foot back and keep that heel down. Lean in.

Use a teammate for balance if needed.

5 SEATED SPINAL TWIST



2 × 30 SECONDS

Sit with legs straight. Cross one foot over the other knee, hug the knee and gently turn toward it. Switch sides.

COOL DOWN TIPS

- ✓ Breathe slowly and relax
- ✓ Stretch to a gentle pull, not pain
- ✓ Drink water after you play

Special Olympics Virginia

GREAT JOB TODAY!