PICKLEBALL 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 CROSS-BODY SHOULDER STRETCH



2 × 30 SECONDS

Bring one arm across your chest. Use your other arm to hold it close. Switch sides.

4 STANDING FOREARM STRETCH



2 × 30 SECONDS

Hold one arm straight out, palm up. Use your other hand to gently pull your fingers back. Switch arms.

5 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.

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!