

## **Waste management Cool down notes**

1. Draw a circle. One noodle draw a circle around your body.
2. Back stretch / chest stretch. Noodle in front, one perform trunk flexion and move the shoulder blades away from the spine, then perform trunk extension and drag the noodle back towards the sternum and stretch through the chest and front of the shoulders.
3. Hamstring stretch. Place the noodle under one ankle, lifting the leg to the front of the body. Lean upper body forward without collapsing the chest and stretch the hamstring muscle group.
4. Hip flexor stretch. (From the hamstring stretch listed in number three) Turn to the back of the pool moving into a lifted hip flexor stretch keeping the noodle under the ankle.
5. Figure 4: Place noodle around the back in under the arms. Cross one leg above the knee and have a seat.
6. Sitting V. Place noodle around the back under the arms. Lift both legs off the pool bottom and into hip abduction to stretch the inner thighs.
7. Table/Superman pose. Begin in a lunge position with the noodle in the front of the body with both hands placed about shoulder width apart on the noodle. Next shift weight on to the forward leg and allow the back leg to slightly lift off the pool bottom taking care not to arch to the low back. Cue the head to look towards the pool bottom so not to hyperextend the neck.
8. Side lean and lift. Center stance. Place the right hand in center of the noodle and then move the arm out to the right side. Shift the weight of the body on to the right leg and lift the left leg out to the side. Look and lean towards the right. The left arm will move the water to provide stability during this lift.
9. Torso stretch. Move into trunk flexion with arms in front of the body (shoulder flexion) stretching the muscles of the upper back. Next move into trunk extension while dragging the noodle back towards the torso stretching the muscles of the chest and front of the shoulders. Both hands evenly distributed on the noodle and the noodle should remain on surface of the water.
10. Tree pose stretch. (stand on one leg with the other leg resting on the standing leg somewhere between the ankle and below the knee or between the inner thigh area and above the knee. Be sure not to place foot to rest directly on the knee joint and the noodle is on the surface of the water. Next move hand so they are by the ends of the noodle. Now place the ends of the noodle in the water allowing the center portion to make an arch. Next raise hands up, lifting the noodle out of the water.
11. Three deep cleansing breaths.