









## Cool Down

You have now completed the cardiovascular part of the exercise programme please now go on to the cool Down exercises, DO NOT miss out this stage of the exercises as it is extremely important that you cool down properly.

<p>1.</p>  <p>Walk round gradually decreasing your speed for 2 minutes</p>	<p>2.</p>  <p>Alternate toe/heel taps 30 seconds each leg</p>
<p>3.</p>  <p>Alternate side steps 30 seconds</p>	<p>4.</p>  <p>Heel raises x 10</p>
<p>5.</p>  <p>Trunk twists - stand with your arms out to side and turn at your waist X 10 each direction</p>	<p>6.</p>  <p>Alternate side bends 10x each way</p>

