

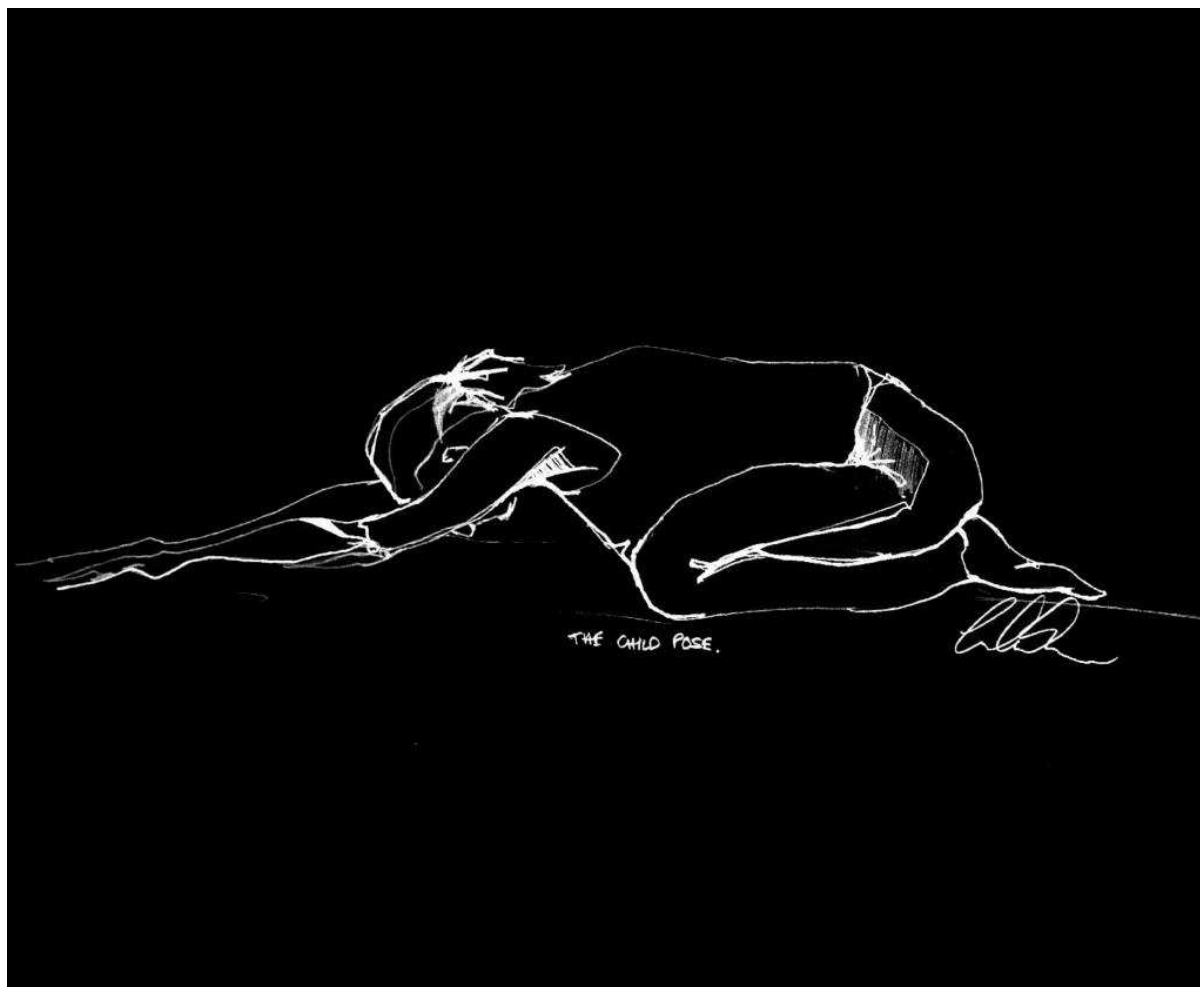


WHY SHE DOES IT

Cooling down properly after your workout not only feels good, but can prevent joint irritation and muscle soreness as well as relieve stress. All important factors for The Girl who's rushing around all day!

A special thank you to [Caitlin Charles-Jones](#) who created our fabulous illustrations.

THE CHILD POSE



Step 1

Position yourself on the floor on your hands and knees, with knees spread apart (as wide as is comfortable).

Step 2

Walk your hands in front of you.

Step 3

Gently sit back on your heels, let your arms drag along the floor to deepen the stretch.

Step 4

Bring your hands right back to your feet, palms up, and relax your elbows.

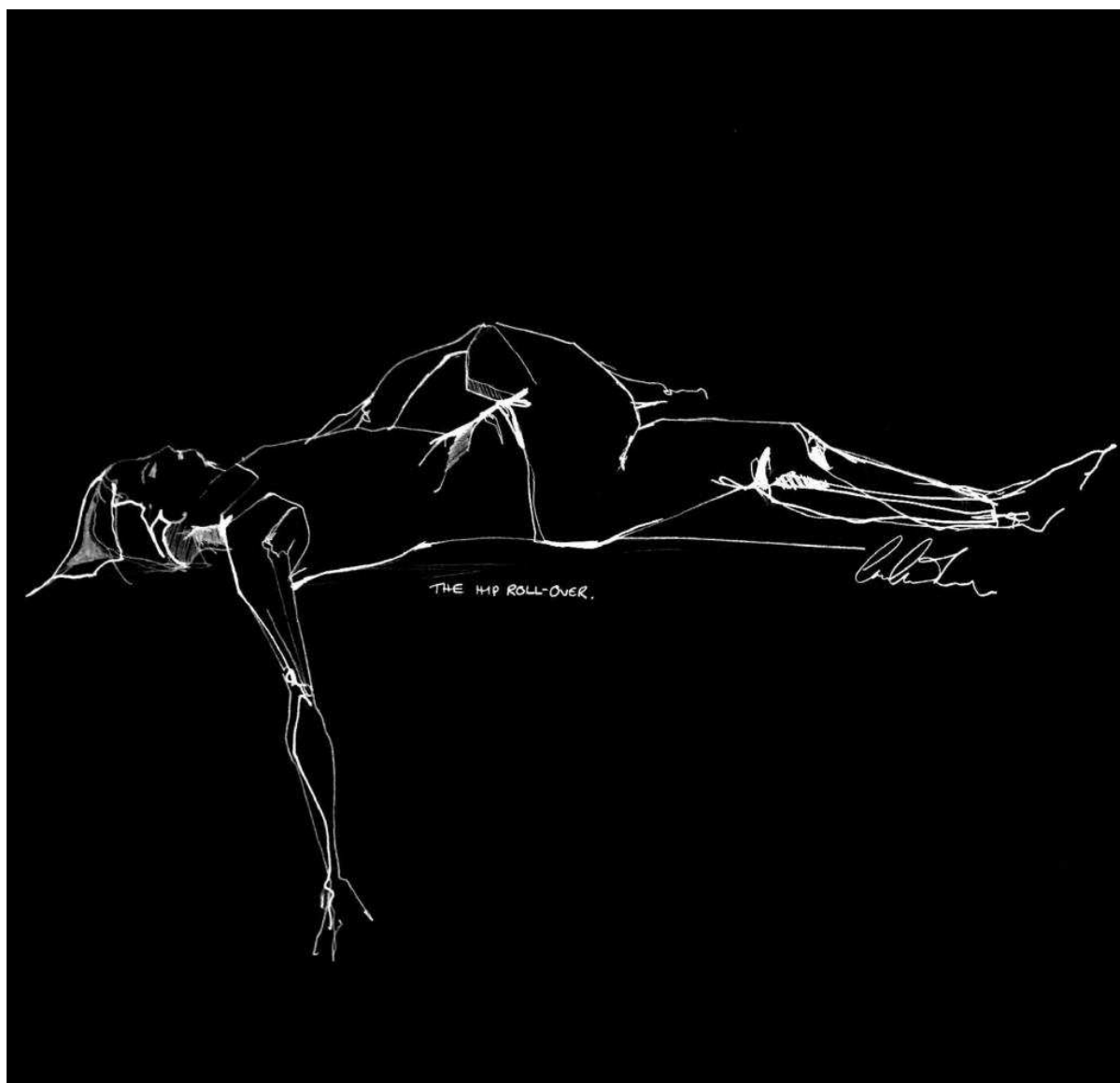
Step 5

Let your upper back broaden. Soften and relax your lower back, resting your forehead on the floor.

Step 6

Hold for 30 seconds, breathing softly.

THE HIP ROLL-OVER



Step 1

Lie down on your back and then bend your left knee and move it over to your right side. As you twist your body from side to side, make sure to use a slow and fluid motion to avoid injury.

Step 2

Keep your arms flat on the ground and look up, or look to your left for an extra stretch.

Step 3

Keep your abdominal muscles contracted to support your back muscles.

Step 4

Hold for 30 seconds, breathing softly, then repeat on the other side.

THE PIGEON



Step 1

Kneel on the ground.

Step 2

Stretch your right leg out behind you and bend your left knee so that your left foot is near your right pelvic bone with your toes pointed. Lean forward so that your chest is puffed out.

Step 3

Place your hands on your left ankle or on the ground for balance, keeping the spine long and gazing forwards.

Step 4

Hold for 30 seconds, breathing softly, then repeat on the other side.

THE KING PIGEON



Step 1

Begin in pigeon pose, as above.

Step 2

Draw your right arm behind you and point your palm towards the sky.

Step 3

Turn your torso and head towards the right.

Step 4

Bend your back leg so that your foot is pointed towards the ceiling. Hold your foot with your right hand.

Step 5

Draw your right elbow closer to your side and draw your right elbow up. Make sure that you are still gripping the foot.

Step 6

Press your left fingertips into the ground and lengthen your spine. Reach around with your left arm and grasp your foot.

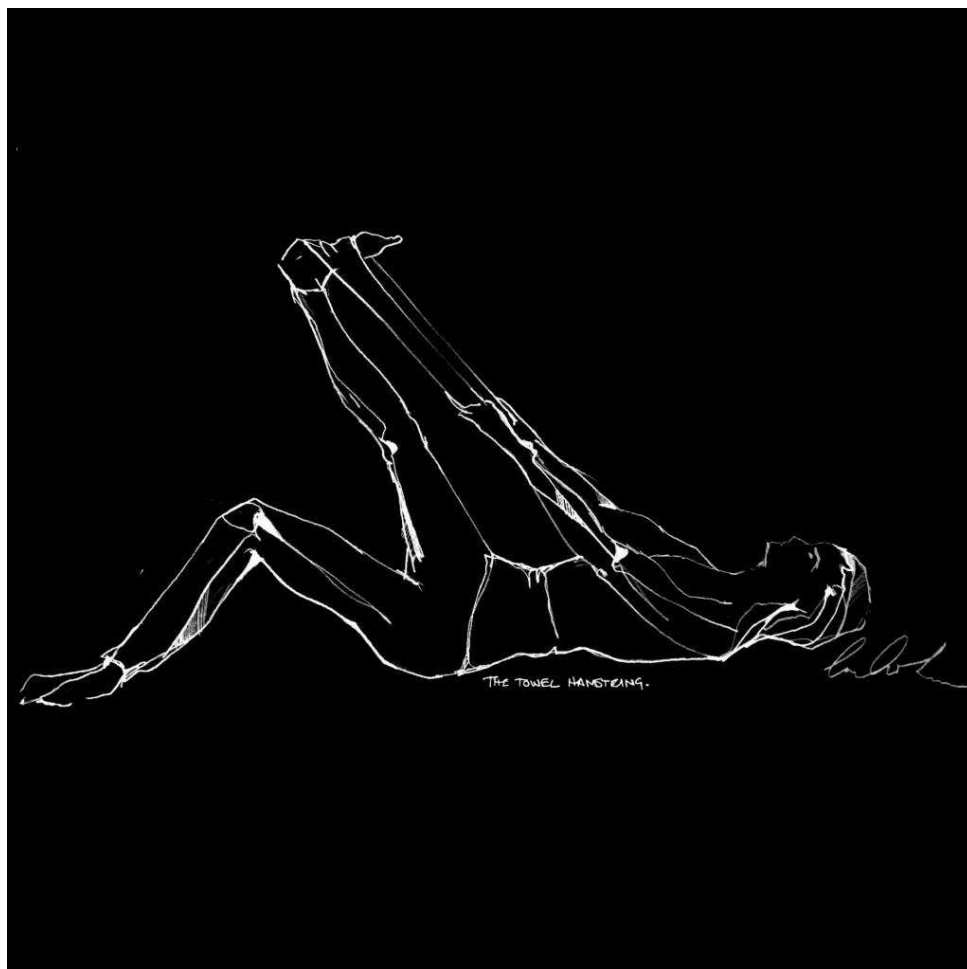
Step 7

Tilt your head back so that the top of your head touches your right foot.

Step 8

Hold for 30 seconds, breathing softly, then repeat on the other side.

THE TOWEL HAMSTRING



Step 1

Lie flat on the floor. Stretch your legs in front of you and keep your arms at your sides.

Step 2

Bend your right knee and rest your foot on the floor. Your knee and foot should be in a straight line down from your body; don't let your knee drift to one side or the other. Bending your knee allows you to keep your hips planted firmly on the ground at all times.

Step 3

Loop a towel under your left foot and grab the ends with both hands. Your leg should be only slightly bent at this point. Make sure the towel is long enough for you to get a good grip on it.

Step 4

Pull on the towel to lift your leg off of the ground. Try to straighten your leg as much as possible as you continue lifting until it is at a 90 degree angle with the floor. Keep going until you feel a burn in your hamstring, then hold for 10 seconds.

Step 5

Do the same with the other leg. Bend the left knee and place your left foot on the ground. Loop the towel around your right foot, then raise it with the towel.

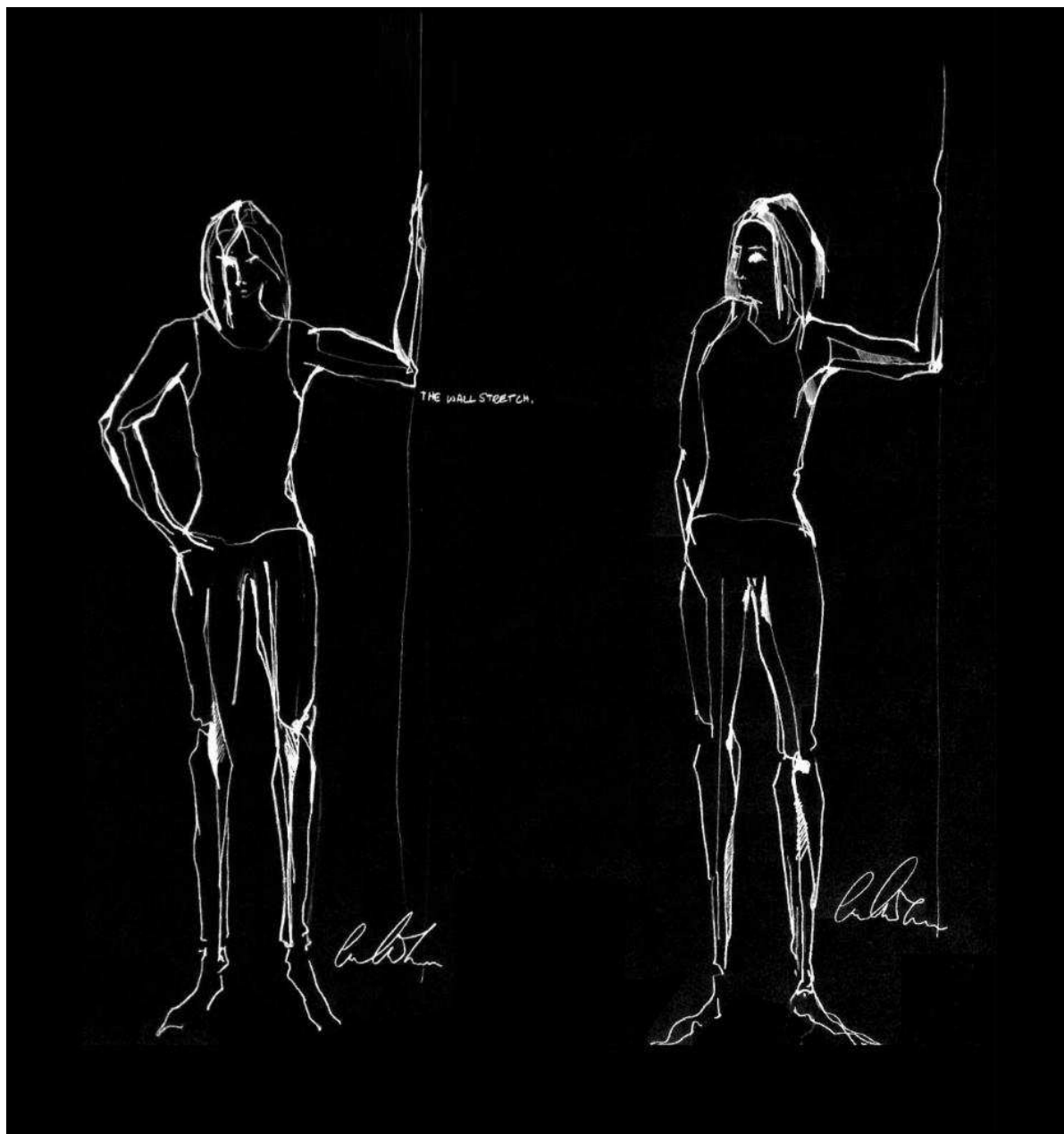
Step 6

Repeat 3 times with each leg, holding for 10 seconds each time.

Hot Tip

As you become more flexible, you can choose to extend the knee on the leg that you are not stretching, ensuring both hips stay level with the ground.

THE WALL STRETCH



Step 1

Stand straight, feet hip width apart, perpendicular to a wall.

Step 2

Bend your right arm to 90 degrees, fingers pointing to the sky, and press your forearm and hand flat against the wall. Keep your upper arm straight and keep it at or just under shoulder level.

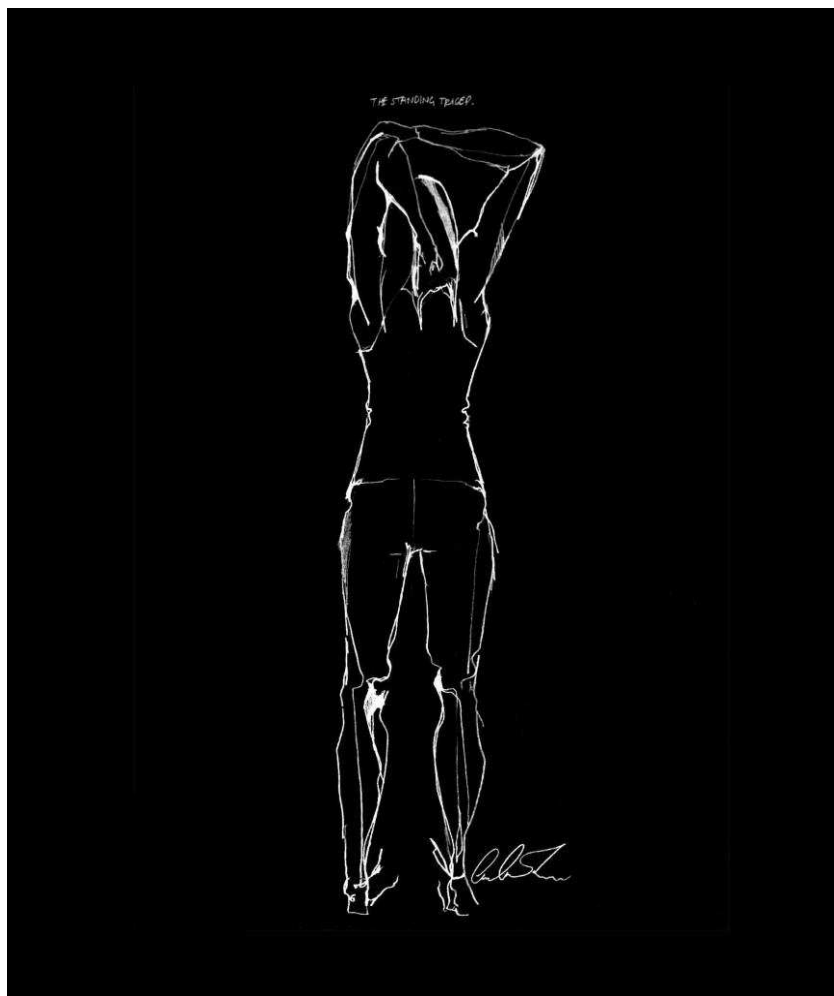
Step 3

Turn your body away to the left until you feel a pull in your chest muscles.

Step 4

Hold for 20 seconds, then turn deeper into the stretch for a further 10 seconds. Repeat on the other side.

THE STANDING TRICEP



Step 1

Stand straight with feet hip width apart.

Step 2

Raise your right hand over your head and bend elbow to place right hand behind your left shoulder.

Step 3

Press gently on your right elbow with you left hand.

Step 4

Hold for 20 seconds.

Step 5

Relax your arms before repeating on the other side.