

# *Fitness At Home*

## Cool Down

**1 Slow jogging( 2-3 min )**



**2 Stretching ( hold each 20-30 sec)**

**(a) Quadriceps Stretch**

**(b) Shoulder Stretch**

**(c) Hamstring Stretch**



**Quadriceps Stretch –**  
Stand, pull one foot behind you to stretch the front thigh.



**Shoulder Stretch -**  
Pull one arm across your chest, hold.



**Hamstring Stretch –**  
Sit on the floor, stretch one leg out, reach toward your toes.

# Breathing & Relaxation (1–2 minutes)

