

# MUSCLE GAINS PROGRAM

## COOL-DOWN



### INTRODUCTION

Properly warming up and cooling down is essential for preventing injuries and enhancing workout performance. The Muscle Gains program includes four different warm-ups and cool-downs tailored to match your workout. Warming up prepares your muscles and joints for the workout ahead. Cool-downs help relax the muscles, reduce soreness, and promote recovery.

### GENERAL COOLDOWN

TIME	EXERCISE	DESCRIPTION
10 Min	Treadmill Walk, Bike	A light cardio activity to cool down the body

### TOTAL BODY STRETCH & RELAXATION

2 ROUNDS			
SUPERSET	STRETCH	DESCRIPTION	LENGTH
A1	Child's Pose to Lat Stretch	Sit back on your heels and extend your arms forward	Hold 30 seconds, then walk hands to the left and right for a deeper lat stretch
A2	Seated Forward Fold	Sit with legs straight. Reach forward, keeping your back straight	Hold 30 Seconds
A3	Cat-Cow Stretch	Alternate between arching and rounding your back to release tension in the spine	Alternate for 30 Seconds
A4	Hip Flexor Stretch	Lunge forward on one knee, pushing hips forward, opposite leg back behind you	Hold 30 seconds per side, then repeat once
A5	Supine Twist	Lie on your back, drop knees to one side while keeping shoulders grounded	Hold 30 Seconds per Side

# UPPER BODY RECOVERY (LOOSEN SHOULDERS, CHEST, AND ARMS)

## 2 ROUNDS

SUPERSET	STRETCH	DESCRIPTION	LENGTH
B1	Chest Opener Stretch	Clasp hands behind your back and lift slightly, expanding the chest	Hold 30 Seconds
B2	Cross-Body Shoulder Stretch	Pull one arm across your chest, using the other to hold it in place	Hold 30 Seconds per Side
B3	Biceps Wall Stretch	Place your palm against a wall at shoulder height, fingers pointing down	Hold 30 Seconds per Side
B4	Upper Trap Stretch (Use your hand for a deeper stretch)	Sit tall, gently tilt your head to one side	Hold 30 Seconds per Side
B5	Wrists and Forearm Stretch	Extend one arm, palm up, and pull fingers back	Hold 30 Seconds per Side

# LOWER BODY & CORE RELEASE

## 2 ROUNDS

SUPERSET	STRETCH	DESCRIPTION	LENGTH
C1	Standing Quad Stretch	Grab one foot behind you to stretch the quad	Hold 30 Seconds per Side
C2	Figure-4 Stretch	Lie on your back, cross one ankle over the opposite knee, and pull the bottom leg toward your chest	Hold 30 Seconds per Side
C3	Butterfly Stretch	Sit with the soles of your feet together, letting knees fall open	Hold 30 Seconds
C4	Cobra Stretch	Lie on your stomach and press into your hands to arch your back	Hold 30 Seconds
C5	Leg Up the Wall Pose	Lie with legs up against a wall for hamstring relief and relaxation	Hold 1 Minute