

# Lang Volley's Post-Practice/Workout Cool Down

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## 1. Hamstring Stretch + Leg Raises - (45 seconds per side)

- Lie flat on your back with a band around one foot. Pull the leg toward your chest with a slight knee bend. Every 10 seconds, gently pull deeper.
- Meanwhile, slowly raise and lower the opposite leg for activation.

## 2. Foot Elevated Quad Stretch - (45 seconds per side)

- Half kneeling with the rear foot elevated on a wall or bench. Squeeze glute of the rear leg to engage hip flexor stretch.
- Keep ribs down and avoid over-arching your back.

## 3. Supine Leg Twist Thoracic Stretch - (1 set - 45 seconds)

- Lying on your back, pull one leg across the body. Opposite arm presses gently on knee as you rotate through the thoracic spine.
- Pause for 3 seconds, then switch sides.

## 4. Pigeon Pose/90 90 - (1 set - 45 seconds)

- Front leg bent across body, back leg extended behind you. Lean forward to deepen the stretch into glutes and outer hip.
- Alt. option: 90/90 seated with torso rotations.

## 5. Floor Angels or Wall Angels - (1 set - 12 reps - Slow Tempo)

- Lie flat with your knees bent, feet flat, arms in "goal post" position.
- Flatten low back into floor. Slowly raise arms overhead and return.
- Focus: scapular movement and postural reset.

**6. TRX Lat Stretch or hold onto pole - (1 set - 30 seconds per side)**

- Grab TRX, pole, or doorframe. Hinge hips back, stretch through lats and spine. Keep shoulders down. Add light rotation to increase stretch.

**7. Standing Spinal Decompression Hang - (30 seconds. 1-2 rounds)**

- Use a pull-up bar/doorframe. Hang passively with feet touching lightly or off the ground. Let your spine decompress and shoulder tension release.

**8. Elevated Child's Pose + Side Reach - (30 seconds per side)**

- Hands on bench or box. Sit back towards heels. Reach both arms forward, then shift to one side to stretch lats and intercostals.

**9. Banded Calf Stretch + Toe Circles - (30 seconds per side)**

- Use a long band looped around your foot. Gently pull your foot toward you while making slow ankle circles to mobilize the ankle joint.

**10. Box Breathing or Diaphragmatic Reset - (2 minutes)**

- Lie on your back with feet on a wall or bench, knees at 90°.
- Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec.
- Repeat 4-8 cycles. This calms your nervous system and speeds recovery.

**11. Soft Tissue Rolling - (As Needed)**

- Quads, Calves, Glutes, Lats

**12. Toe Spread + Foot Activation - (30 seconds per side)**

- While seated or standing, spread your toes as wide as possible.
- Then, dome your arch (lift arch without curling toes). Hold for 5 sec. Repeat 5-10x.