



COOL DOWN

BENEFITS OF COOLING DOWN



ELIMINATION OF
LACTIC ACID



PREVENTION OF
MUSCLE SORENESS

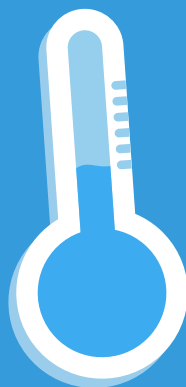


GRADUAL RETURN TO
RESTING LEVELS

CHANGES TO YOUR BODY



RETURN TO RESTING
HEART RATE



RETURN TO RESTING
TEMPERATURE



RETURN TO RESTING
RESPIRATORY RATE

