

# Purestretch with Beat - Album 4

## Track 7 / Cool down Pairing Soul

○ = 4 beats T = transitions R/L + Right Side/Left Side S/S = Side to Side

### QUICK TIPS

Time to chill, encourage the whole body to relax, focus on getting your breath back into a good place and enjoy.

### SET UP

Standing with Feet Hip distance apart

○○○○ ○○○○

- 1 2 x A Deep Breath, Arms reach to the ceiling and then a few stretches from s/s ○○○○ ○○○○
- 2 8 x Close and Open the Arms to open the back of Shoulders and Chest ○○○○
- 3 4 x Twist, Arms like ropes swinging from the Shoulders, keep Hips steady R/L ○○○○
- 4 8 x Head rotation from side to side ○○○○ ○○○○
- 5 4 x Back Extension stretch whilst interlinking the hands  
○○○○ ○○○○ ○○○○ ○○○○
- 6 2 x Roll Down Counter stretch ○○○○○○○○○ ○○○○○○○○○
- 7 T = get your bearing back ○○○○

Repeat 1, 2, 3, 4, 5, 6 = 1 x Roll Down

*Make a note:*