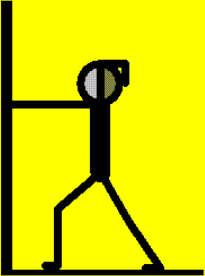

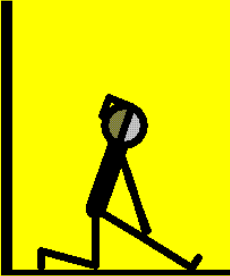

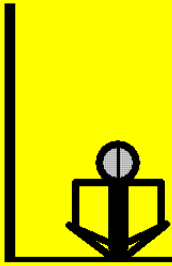

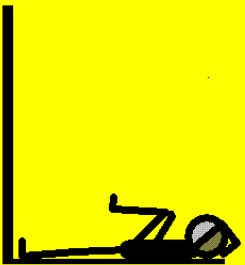
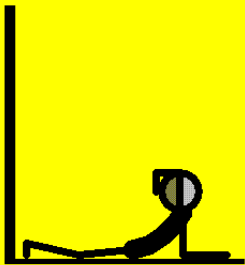
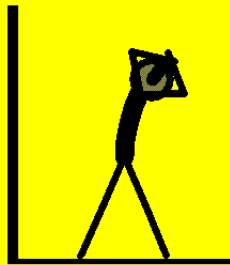
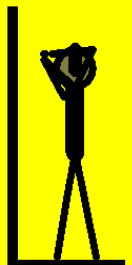

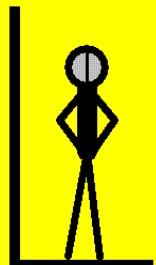


FENCING COOL-DOWN STATIC STRETCHING

<p>1. Long Calf</p> 	<p>2. Short Calf</p> 	<p>3. Hamstring</p> 
<p>4. Quadriceps</p> 	<p>5. Groin</p> 	<p>6. Hip Flexor</p> 
<p>7. Glutial + Piriformus</p> 	<p>8. Back (Cobra)</p> 	<p>9. Trunk Side Flexors</p> 
<p>10. Triceps</p> 	<p>11. Pectorals</p> 	<p>12. Biceps & Deltoids</p> 
<p><u>Warm-Up:</u> Begin with gentle Aerobic Exercise then Dynamic Stretching followed by Fencing Skills warm-up exercises.</p> <p><u>Cool-Down:</u> Start with light Aerobic Exercise, then Static Stretching followed by Recovery practices.</p>		

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