



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Tabata Cool Down

The focus of this activity is FLEXIBILITY. Flexibility is the ability to bend and move the joints through the full range of motion. Stretching is a great way to work on flexibility; It's also important to take a few minutes after exercise to cool down and stretch. Once you've completed the Tabata Part 3 activity click the link below to cool down:

- Activity Link: <https://www.youtube.com/watch?v=3w1szPuqY8I>

### The benefits of Flexibility

- Fewer injuries
- Improved physical performance
- Improved posture and balance
- Less muscle pain

### Goal Setting

- What activity can you do to increase your flexibility each day? Set a goal and make a plan, you and your body will be a winner!