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Cool Down

Walking, biking or a series of light exercise performed at the end of the exercise routine.

Benefits:

- Lowers heart rate and blood pressure, until it is returned to its normal state.
- Allows the blood vessels to contract slowly to prevent pooling of blood to the extremities which can cause a person to possibly faint because the heart isn't getting enough oxygen
- In addition, adding a few stretching exercises while cooling down helps to prevent muscle soreness from the workout.