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1 Reduction in body temperature using hand cooling versus passive rest after exercise in the heat 2 William M. Adams^a, Yuri Hosokawa^a, Elizabeth L. Adams^b, Luke N. Belval^a, Robert A. Huggins^a, 3 Douglas J. Casa^a. 4 ^a Korey Stringer Institute, Human Performance Laboratory, Department of Kinesiology, University of 5 Connecticut, United States ^b Noll Laboratory, Department of Kinesiology, Penn State University, United States 6 7 8 Corresponding Author 9 William M. Adams, MS, ATC 10 Email: william.adams@uconn.edu 11 Word Count: 2,999 12 13 Abstract Word Count: 237 14 Number of Tables: 1 15 Number of Figures: 2 16 17 18

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