

FLEXIBILITY STUDY GUIDE

Flexibility: *The ability to move joints through a full range of motion*

Benefits of Flexibility:

- Prevents injury
- Reduces pain and muscle soreness
- Stronger muscle contraction

Static Stretching	Ballistic Stretching
<ul style="list-style-type: none">● Stretching a muscle and HOLDING it for an extended amount of time<ul style="list-style-type: none">○ 10-60 seconds● Most frequently used● Causes little pain, has risk for injury	<ul style="list-style-type: none">● Exercises done with jerky, rapid, and bouncy movements● Helps develop flexibility, but ballistic actions may cause soreness & injury

Guidelines:

- Stretch 3-4 times a week for 5-10 minutes total
- Stretch until you feel discomfort, **NOT** pain
- Each stretch should be held for a minimum of 10 seconds and a max of 60 seconds
- Stretch each major muscle group