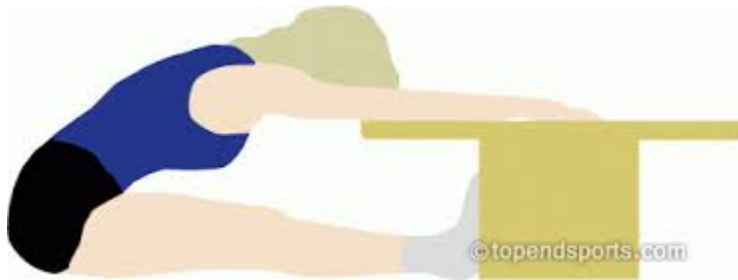


Flexibility

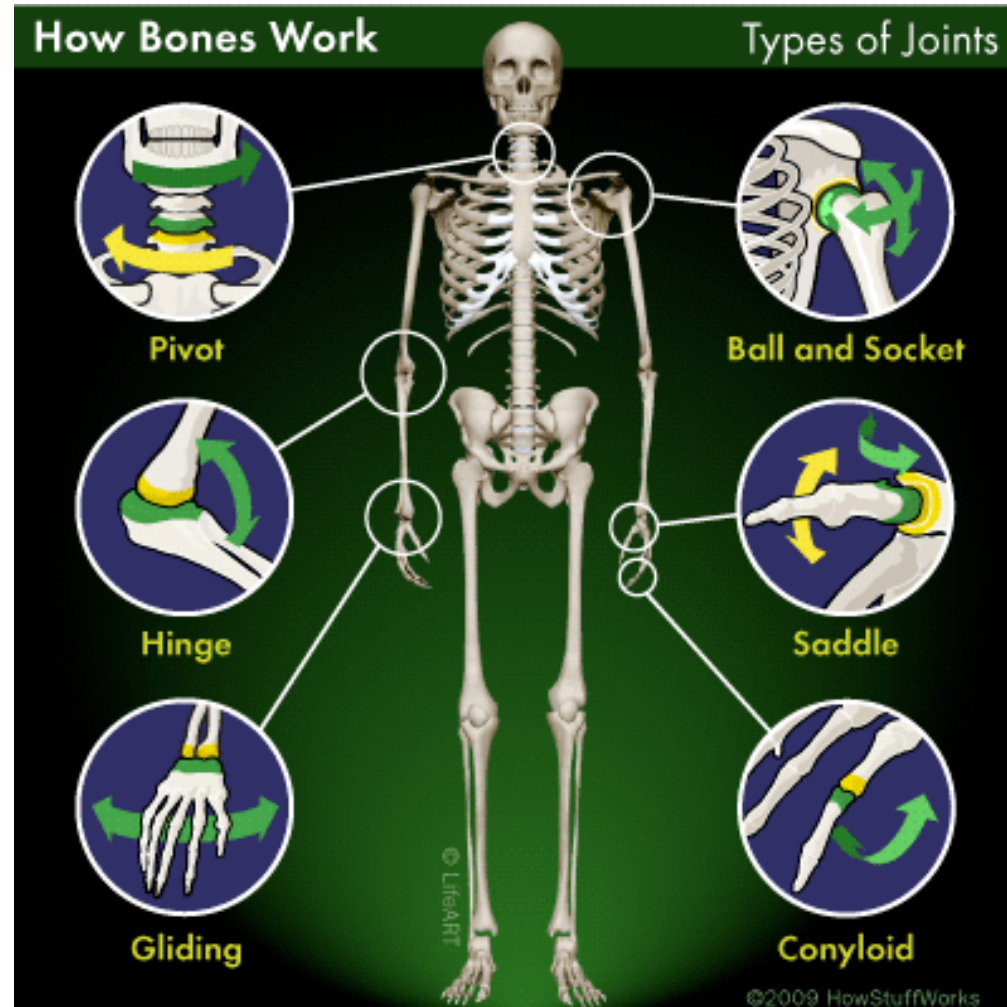


The ability to move a joint through it's full range of motion.

Joint

A joint is the point at which 2 bones come together.

Joints



Types and Examples of Joints

Types of Joints

- Pivot
- Gliding
- Hinge
- Ball and Socket

Examples

- Neck
- Wrist and Ankle
- Knee and Elbow
- Hip and Shoulder
- <https://www.youtube.com/watch?v=Z5QUXNBakvM>

Ligament

- A ligament is a strong, fibrous tissue that attaches one bone to another.
- Bone to bone

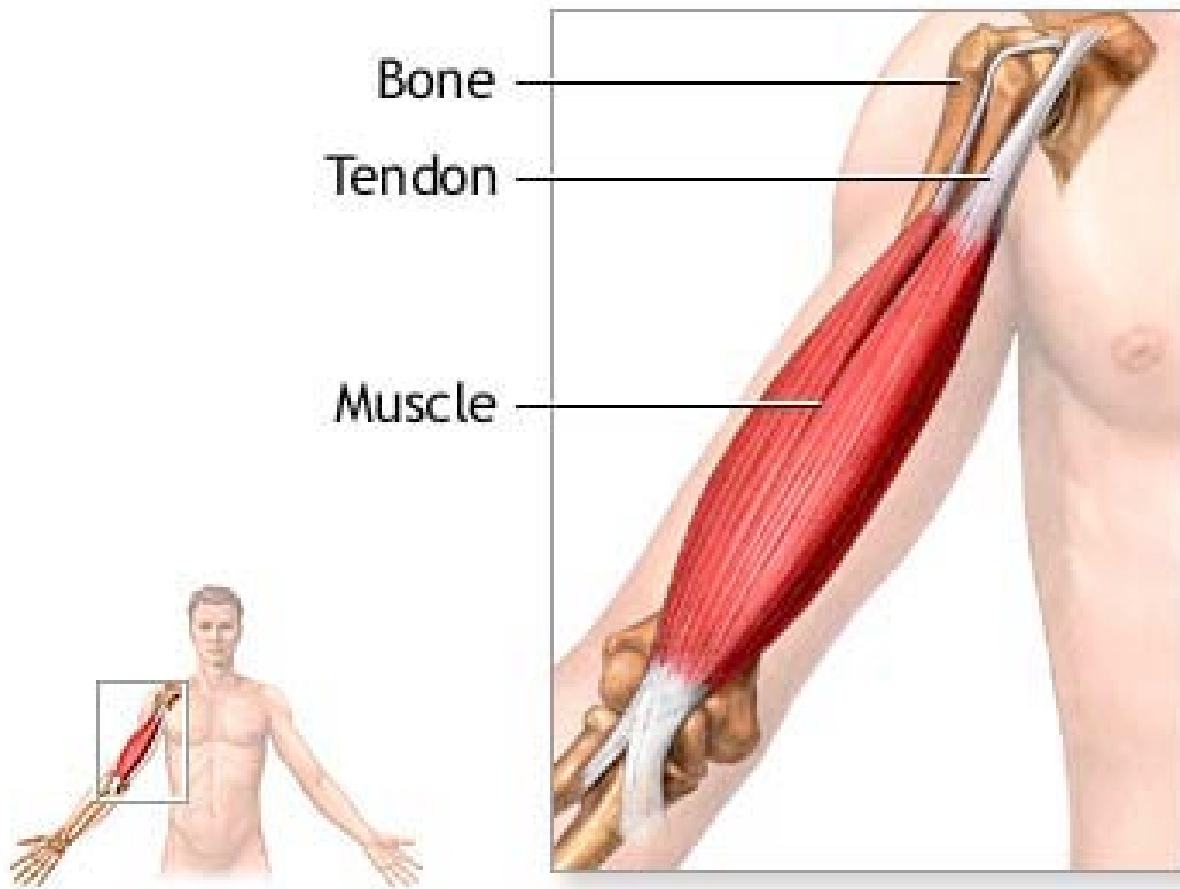
Muscle

A muscle is meaty tissue that surrounds the bone.



Tendon

- A tendon is connective tissue that anchors the muscle to bone.
- Muscle to bone



Flexibility is
important!

a) Reduces injury.



b) Prevents post-exercise pain.



c) Reduces chance
of low back pain.



d) Helps relieve
emotional tension.



e) Increases joint stability.



Static Stretching

Is slowly moving a muscle to its stretching point, and holding for 20 – 30 seconds.

Static Stretching

The Sit and Reach test is an example of a static stretch that test the Hamstrings and Lower Back.

Static Stretching

is recommended
after muscles are
warm.

Ballistic Stretching

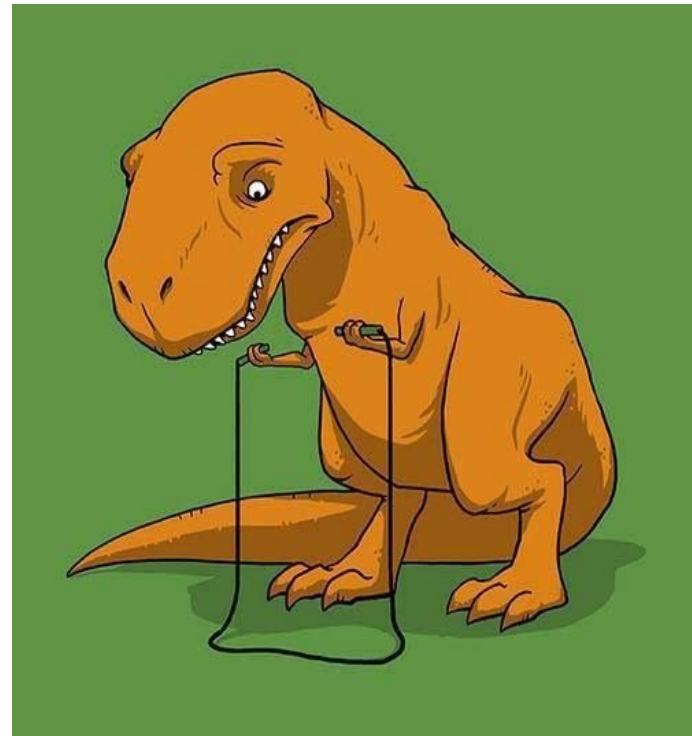
Involves bobbing, bouncing, or jerky movements that use the body's momentum.

Dynamic Stretching

Involves moving the muscle from static to active stretching using momentum.

Active Warm-up

***Raise the muscle
temperature
before
stretching.***



This may be done by brisk walking, jogging, or other mild exercise.
5-10 minutes.

Specific Warm up is...

Always warm up prior to stretching

Stretch in a controlled manner

Hold Stretch for 20-30 sec.

Stretch to the point of discomfort not pain

Don't compare your flexibility to others

Cool Down

Is the time after a workout in which activity tapers off and HR and body temperature return to normal.

Applying the
Training
Principles

Principle of Overload

To Improve Flexibility

***you must stretch
the soft tissue in a
joint farther than it
is accustomed to.***

Overload can be
achieved using the
F.I.T.T. factors

Frequency

***Stretching should be
done a minimum of 3
times a week.***

Daily is best!

Intensity

- a) The muscle is stretched beyond it's normal length to reach the stretching point.***

b) To reach the stretching point, slowly stretch until mild tension is felt.

Time

The time a stretch position is held could be increased gradually from 20-30 seconds.

The number of repetitions may also be increased.

**Principle
of
Progression**

**Gradually increase
the overload by
increasing...**

a) **Frequency**

*The number of
sessions per
day or week.*

b) Intensity

The distance a muscle / joint is stretched.

c) Time

The amount of time
the position is held,
**OR *the number of
repetitions and sets.***

**Principle
Of
Specificity**

**Stretching exercises
will only improve
flexibility in joints
you exercise.**

Your joints may have differing degrees of flexibility.



Flexibly requirements vary widely depending on the activity you are training for.

Do a variety of stretches for total body improvement.

Work the two opposing muscle groups around the joint for balance.