

Name _____

Flexibility Fun: Unveiling the Magic of Flexibility Training

Multiple Choice Questions

1. What is the primary focus of flexibility training?
 - a) Building muscle strength
 - b) Improving range of motion
 - c) Enhancing cardiovascular fitness
 - d) Reducing body weight

2. How can flexibility training help with injury prevention?
 - a) By causing muscle tension
 - b) By reducing muscle soreness
 - c) By making muscles rigid
 - d) By increasing muscle tightness

3. What is one way that flexibility training can benefit athletic performance?
 - a) By making movements less efficient
 - b) By reducing range of motion
 - c) By allowing for more efficient and easier movements
 - d) By causing muscle strain

4. Why is it important to warm up before stretching?
 - a) It makes stretching more challenging
 - b) It prevents injuries
 - c) It doesn't have any effect on stretching
 - d) It reduces flexibility

5. How does flexibility training contribute to stress reduction?
 - a) By increasing muscle tension
 - b) By making you less relaxed
 - c) By promoting relaxation and a sense of calm
 - d) By causing anxiety

