Name _____

Flexibility Fun: Unveiling the Magic of Flexibility Training

Open-Ended Response Questions

1. Share a personal experience where flexibility training helped you recover from an injury or reduce muscle tension.

2. Describe a warm-up routine that you can use before flexibility training.

3. Discuss the importance of incorporating different types of stretches in a flexibility training routine.

4. Explain how flexibility training can benefit individuals of different age groups, from young children to older adults.

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