Name _____

Flexibility Fun: Unveiling the Magic of Flexibility Training

Short Answer Key

1. Flexibility training improves posture by correcting muscle imbalances, reducing strain on muscles and joints, and promoting an upright position.
2. Three different types of stretching exercises are static stretches, dynamic stretches, and proprioceptive neuromuscular facilitation (PNF) stretches.
3. Holding each stretch during flexibility training allows the muscles to relax into the stretch, increasing flexibility gradually.
4. Flexibility training enhances balance and coordination by requiring controlled movements and challenging proprioception, the sense of body position.
5. Consistency is important in flexibility training because regular stretching sessions are necessary to maintain and improve flexibility gains over time.

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