

Name \_\_\_\_\_

## Flexibility Fun: Unveiling the Magic of Flexibility Training

### Open-Ended Response Answer Key

1. Responses may vary but could include stories of faster recovery from injuries, relief from muscle tension, or increased flexibility and range of motion due to flexibility training.
2. A warm-up routine before flexibility training might include gentle movements like jogging in place, arm circles, and leg swings to prepare the body for stretching.
3. Incorporating different types of stretches in a flexibility training routine ensures a well-rounded approach that targets various muscle groups and promotes overall flexibility.
4. Flexibility training benefits individuals of different age groups by improving range of motion, reducing the risk of injuries, and enhancing overall physical well-being. For young children, it aids in growth and development, while for older adults, it can help maintain mobility and independence.

