



Intro to Flexibility



Total Fitness Series

What are we going to cover?

- ⌘ Basic Definitions
- ⌘ Benefits of Flexibility
- ⌘ Exercise Prescription
- ⌘ Principals
- ⌘ Introduction of Stretching Exercises



Basic Definitions



- ⌘ Flexibility - maximum ability to move a joint through a range of motion
- ⌘ Range of Motion - Maximum amount of movement that a joint allows
- ⌘ Stretching - the act of lengthening the structures controlling movement of the joint

Benefits...

Why should I do a flexibility Program?

Prevents Injuries

- ⌘ Rather than tearing or breaking when under strain, a flexible muscle is more likely to stretch and give.



Flexibility Benefits...

Prevents muscle imbalances and postural deviations

Flexibility of your lower back hamstrings is of high importance. Lack of flexibility in these areas are associated with and increased risk for the development of chronic lower back pain.



Flexibility Benefits...

***Important for maximizing performance
and results***

- ⌘ Performing stretching exercises during a strength training workout will increase the results of your training.



Other Flexibility Benefits...

- ⌘ Reduces Muscular Tension
- ⌘ Assists in the ease and coordination of movement
- ⌘ Eases transition into high intensity activities

- ⌘ Improves Circulation
- ⌘ Relaxes the body
- ⌘ Prime reliever of stress or tension



Flexibility Training Guideline

- ⌘ Days - performed at least three times a week
- ⌘ Stretch - stretch the muscle to a mild tension
- ⌘ Time - Hold each stretch for 10 to 30 seconds
- ⌘ Reps - 3 to 5 repetitions for each stretch
- ⌘ Emphasis - Lower back and thighs
- ⌘ Performed - During Warm Up and Cool Downs



Exercise Prescription

<i>Stretch</i>	<i>Muscle Group</i>	<i># Of Sets/Reps</i>	<i>Hold Stretch For</i>
<i>Neck Stretch</i>	Neck Muscles	1/3-5	10-30 Sec.
<i>Tricep Stretch</i>	Triceps	1/3-5	10-30 Sec.
<i>Upper Back Stretch</i>	Rhomboids Teres Major	1/3-5	10-30 Sec.
<i>Chest and Bicep Stretch</i>	Pectorials and Biceps	1/3-5	10-30 Sec.
<i>Butterfly Stretch</i>	Groin	1/3-5	10-30 Sec.
<i>Calf Stretch</i>	Gastrocs and Soleus	1/3-5	10-30 Sec.
<i>Hamstring Stretch</i>	Hamstrings	1/3-5	10-30 Sec.
<i>Lower Back Stretch</i>	Erector Spinae	1/3-5	10-30 Sec.
<i>Quadriceps Stretch</i>	Quadriceps	1/3-5	10-30 Sec.
<i>Back Extension Stretch</i>	Abdominals	1/3-5	10-30 Sec.

Flexibility Principals

- ⌘ What happens when you stretch?
- ⌘ When Should you do stretching?
- ⌘ What types of stretching will increase your flexibility?
- ⌘ Aging and Flexibility



What happens when you stretch?



⌘ When a muscle is stretched the body resists and initiates a “Stretch Reflex”. Your body actually fights your efforts to stretch and your muscle will feel tight. If you hold the stretch for short periods of time (30 sec) the body will start to relax and you can increase your stretch.

When should you do stretching exercises?

- ⌘ Warm Up
- ⌘ Cool Down
- ⌘ After Periods of long sitting or inactivity (road trips, work)
- ⌘ After waking up in the morning



What types of stretching will increase your flexibility?

⌘ Static Stretching - stretching using slow, controlled stretches being held in position for a period of time (Butterfly Stretch)

⌘ Dynamic Stretching - repeated, fluid, gentle dynamic range movements (swinging a bat or jumping rope)



Aging and Flexibility

- ⌘ Flexibility diminishes with age
- ⌘ Stretching and exercise can slow decline in flexibility
- ⌘ Improvements in flexibility through stretching can be achieved at any age



Have a great workout!!



NAVY *Fitness*

