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Beginner lessons for Flexibility

Unlock Your Body's Potential with Flexibility Training!

DEFINITION

> Flexibility is the ability of your joints and muscles to move through their full range of motion. Improving flexibility can enhance performance and reduce the risk of injuries.

KEY CONCEPTS

Static Stretching

Involves holding a stretch for a period, typically 15-60 seconds, to improve flexibility.

Dynamic Stretching

Involves moving parts of your body through a full range of motion to warm up muscles.

Warm-Up Importance

Warming up increases blood flow and prepares muscles for stretching, reducing injury risk.

Consistency

Regular practice is key to improving flexibility; aim for at least 3 times a week.

Breathing Techniques

Proper breathing helps relax muscles during stretching, enhancing the effectiveness of the practice.

EXAMPLES

→ Perform a seated hamstring stretch for 30 seconds.

→ Incorporate leg swings before a workout.

→ Practice yoga poses like downward dog regularly.

MEMORY TIPS

★ Remember 'S-D-W-C-B' for Stretching, Dynamic, Warm-up, Consistency, Breathing.

★ Think of a rubber band: it stretches and returns, just like your muscles.

★ Visualize a tree bending in the wind to recall flexibility.

COMMON MISTAKES

✗ Skipping warm-ups before stretching.

✗ Holding stretches too briefly to see results.

✗ Pushing too hard and risking injury.

QUICK RECAP

Flexibility training enhances joint and muscle movement, crucial for performance and injury prevention. Focus on static and dynamic stretching, maintain consistency, and always warm up before sessions.