1. How often should stretching be performed?
2. List and describe the 3 main types of flexibility training.
3. \_
4. \_
5. \_
6. What is the minimum *and* ideal period of time that a static stretch should be held?

Minimum - Why?

Ideal -

1. What position should the pelvis be in when performing a Quadriceps stretch and why?
2. Why is the means of stretching the Gastrocnemius different from stretching the Soleus?
3. Should the leg (being stretched) be fully extended in performing a hamstring stretch and why?
4. What difference does the position of the head make in stretching the arms or legs?
5. Why is it important to warm up before performing stretching exercises?