

UNIT 1 FLEXIBILITY

1. THE BENEFITS OF FLEXIBILITY TRAINING.

- **We increase the range of movements** of our joints.
- Increases muscle flexibility, **reducing the chance of injury**.
- **Delays the aging of joints**. Flexibility is the only involutive physical quality (it decreases and deteriorates with age). People who do not train flexibility can quickly lose their ability to move properly and have the risk of suffer joint and muscle diseases.
- **Blood and nutrient uptake into muscles tissues**.
- **It helps to relieve tension**, to combat stress and to relax ...

2. STRETCHING TECHNIQUES

- **Static stretching** (*static means still*): These are about being in different stretch positions and holding them by yourseleve for a few seconds (between 30 and 60 seconds). This technique is ideal to do as an isolated flexibility training session. **It should not be done right before sports** or physical exercise.
- **Dynamic stretching** – These are on-the-go exercises. The goal is to gradually increase the vitality of the joint. It is ideal to prepare muscles and **joints before sports practice**.
- **Assisted stretching**: These are when one person helps another, to perform static muscle stretching exercises, with **minimal effort** (little effort) on the part of the recipient. During stretches, the receiver is placed in a posture that facilitates stretching (makes stretching easier) and the trainer performs the stretch slowly and in a controlled manner throughout the routine without causing pain for the recipient.

3. ESTIRAMIENTOS (Stretchings)

GEMELOS (calves)

Estático



Asistido



CUÁDRICEPS (Quadriceps)

Estático



Asistido



ADUCTORES (Adductors)

Estático



Asistido



ISQUIOTIBIALES (Hamstring)

Estático



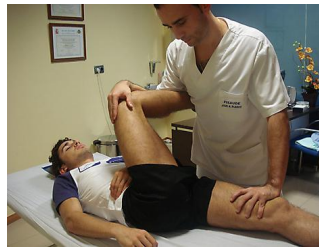
Asistido



PIRAMIDAL (Pyramidal)



Estático

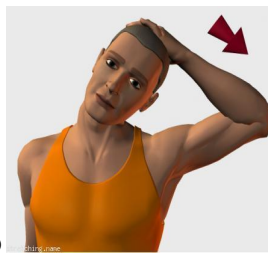


Asistido

ESTERNOCLEIDOMASTOIDEO (sternocleidomastoid)



Asistido



Estático

TRAPECIO (trapezoids)

Se estira igual que el esternocleidomastoideo pero inclinando lateralmente la cabeza.

TRÍCEPS (triceps)



Estático



Asistido

BÍCEPS (biceps)

Estático

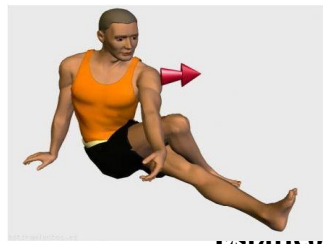


GLÚTEOS (Gluteus)

Asistido

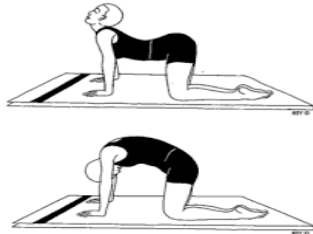


Estático



LUMBARES (lumbar)

Estático



Asistido



ABDOMINALES (abdominal)

ESTÁTICO



ASISTIDO

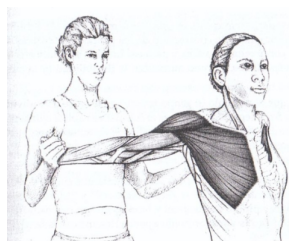


PECTORALES (pectoral)

ESTÁTICO



ASISTIDO



DORSALES (dorsal)

ESTÁTICO



ASISTIDO



DELTOIDES (deltoids)

ESTÁTICO



ASISTIDO

