

TABLE 7.2

## Examples of Stretching within the Flexibility Continuum

| Flexibility Type       | Type of Stretching            | Examples                                                                                                 |
|------------------------|-------------------------------|----------------------------------------------------------------------------------------------------------|
| Corrective flexibility | Self-myofascial release (SMR) | SMR: gastrocnemius/soleus<br>SMR: adductors<br>SMR: latissimus dorsi                                     |
|                        | Static stretching             | Static gastrocnemius stretch<br>Static adductor stretch<br>Static latissimus dorsi stretch               |
| Active flexibility     | Self-myofascial release (SMR) | SMR: adductors<br>SMR: latissimus dorsi<br>SMR: thoracic spine                                           |
|                        | Active-isolated stretching    | Active standing adductor stretch<br>Active latissimus dorsi ball stretch<br>Active pectoral wall stretch |
| Functional flexibility | Self-myofascial release (SMR) | SMR: gastrocnemius/soleus<br>SMR: TFL/IT band<br>SMR: latissimus dorsi                                   |
|                        | Dynamic stretching            | Prisoner squat<br>Multiplanar lunge<br>Tube walking: side to side<br>Medicine ball lift and chop         |

TFL, tensor fascia latae; IT, iliotibial.

# Nasm Study Guide 2013

**AW Chickering**



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