





FLEXIBILITY TRAINING GUIDE

Flexibility training enhances movement efficiency and contributes to athletic performance. When programmed correctly, flexibility training can improve muscle function and even support strength or hypertrophy improvements.

Types Of Stretching And When To Use Them

Stretch Type	What It Is	Best Used For	Key Benefit	Trainer Tip
Passive Static 	Prolonged stretch positions primarily using passive tension	Post-workout recovery & improving long-term flexibility	Increases passive range of motion and can enhance strength & size with prolonged hold times	Guide members to perform prolonged static stretching after their workout or on separate active recovery days
Dynamic 	Faster, controlled movements through a full range of motion	Warm-ups before strength- or cardio-focused workouts	Increases blood flow, muscle activation and joint mobility	Prime members for their workout with active movements that mimic their training exercises
Proprioceptive Neuromuscular Facilitation (PNF) 	Contract-relax technique using active & passive tension	Targeted flexibility gains & enhanced coordination	Enhances mobility and strength faster than static stretching	Have member contract against resistance for 5-10 seconds before relaxing 10-30 seconds, deepening the stretch for 2-4 repetitions
Loaded or Eccentric 	Stretching under resistance or eccentric load, using both active and passive tension	Strength in lengthened positions, can be included in their strength training routine	Increases mobility and active range of motion	Encourage slow, deep eccentrics to build flexibility and strength

Programming Flexibility for Members

- **Warm-up:** Use dynamic stretching or static stretching for short hold times (~15-30 seconds) to prepare muscles for the workout without reducing power.
- **Cool-down:** Use static or PNF stretching to improve flexibility.
- **Recovery Days:** Based on energy levels and preferences, consider active recovery sessions that use any type of stretching to increase muscle time under tension.

Encouraging Member Adherence

- Present flexibility as essential for both strength and mobility.
- Use range-of-motion assessments to track progress.

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