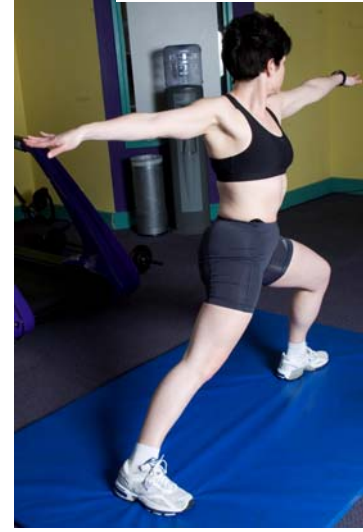


The Components of Physical Fitness

FLEXIBILITY TRAINING



Definition: the possible range of motion or movement of a joint or group of joints.

Through regular stretching the muscles capacity to extend fully is increased, thus allowing the joint a greater range of motion. Without regular stretching muscles tend to lose their flexibility, which can lead reduced range of movement and muscle injury. Factors affecting flexibility include: Exercise—more active people tend to be more flexible. Age—stiffness is associated with ageing as elasticity is lost resulting in tighter stiffer muscles. Warming up— produces an increase in muscle temperature. Sex—females tend to be more flexible than males. Flexibility training needs to be regular, 3 to 4 times per week. Noticeable increases can be achieved in 2 to 3 weeks.