



**Colegio Cristo Crucificado — "Villa Pilar"**

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**WRITE THE NUMBER IN THE CORRECT PLACE ACORDIND TO THE DEFINITIONS**

**1. STATIC STRETCHING**

**2. PASSIVE STRETCHING**

**3. DYNAMIC STRETCHING**

**4. BALLISTIC STRETCHING**

**5. ACTIVD ISOLATED STRETCHING**

**6. ISOMETRIC STRETCHING**

NUMBER	DEFINITIONS
	INVOLVES THE HELP OF A PARTNER, WHO HAS TO PUSH/PULL INTO POSITION OF A STRETCH
	PUSHING THE BODY PART BY BOUNCING INTO THE STRETCHED POSITION.
	HOLDIND A STRETCH FOR ABOUT 2 SECONDS, USING A ROPE TO STRETCH FARTHER THAN USUAL
	THE STRETCH PERFORMED AT THE END OF A WORKOUT. INVOLVES STRETCHING A TARGETED MUSCLE AND HOLDING IT FOR 30 SECONDS
	RESISTING THE STRETCH AGAINST A PARTNER
	MOTIONS SIMILAR TO WHAT YOU WILL BE DOING IN EXERCISE