

**Watch the episode and mark the statements True or False**

1. There five kinds of stretching      **True**      **False**

2. Muscles are very similar to rubber bands      **True**      **False**

3. Sarcomere is the smallest unit of muscle tissue **True**      **False**

4. Due to muscles elastic properties this impact will be gone in just ten minutes without further activity      **True**      **False**

5. You don't need to stretch often for permanent flexibility **True**      **False**

6. Long-distance running involves different kinds of muscle motion      **True**      **False**