

Watch the episode and mark the statements True or False

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| 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 |