Colegio Cristo Crucificado – "Villa Pilar"
Alfonso XIII, 10 30.151 - Santo Ángel (Murcia)
968 846 680 - www.villapilar.es

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