**Types of Stretching**

### Static Stretching
- Holding of a muscle group for 10-60 seconds
- Held only to a position of slight discomfort
- Best when done after a workout
- EXAMPLE: Quadriceps Stretch

### Dynamic Stretching
- Moving stretches
- Involves movement of muscle group in a way that will elongate muscle
- Stretch is repeated several times
- Best if done before a workout
- EXAMPLE: Walking Lunges

### Ballistic Stretching
- Similar to dynamic stretching, but with more “bouncing” type movements
- Most commonly associated with injuries
- Should warm up with light aerobic exercise before attempting
- Used mostly for sports involving ballistic movements like basketball, volleyball, and soccer
- EXAMPLE: Toe touches with a bouncing movement

### Proprioceptive Neuromuscular Facilitation (PNF)
- Requires a partner
- A more advanced form of flexibility training
- Partner will push tensed muscle and holds for a set amount of time and then a partner will push the stretch a little further where it will be held once again
- EXAMPLE: Assisted Quadriceps Stretch
Sources Cited

