

TABLE 7.2

Examples of Stretching within the Flexibility Continuum

Flexibility Type	Type of Stretching	Examples
Corrective flexibility	Self-myofascial release (SMR)	SMR: gastrocnemius/soleus SMR: adductors SMR: latissimus dorsi
	Static stretching	Static gastrocnemius stretch Static adductor stretch Static latissimus dorsi stretch
Active flexibility	Self-myofascial release (SMR)	SMR: adductors SMR: latissimus dorsi SMR: thoracic spine
	Active-isolated stretching	Active standing adductor stretch Active latissimus dorsi ball stretch Active pectoral wall stretch
Functional flexibility	Self-myofascial release (SMR)	SMR: gastrocnemius/soleus SMR: TFL/IT band SMR: latissimus dorsi
	Dynamic stretching	Prisoner squat Multiplanar lunge Tube walking: side to side Medicine ball lift and chop

TFL, tensor fascia latae; IT, iliotibial.

Nasm Study Guide 2013

Brad Johnson, Melody Jones



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Table of Contents Nasm Study Guide 2013

1. Understanding the eBook Nasm Study Guide 2013
 - The Rise of Digital Reading Nasm Study Guide 2013
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Study Guide 2013
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nasm Study Guide 2013
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Study Guide 2013
 - Personalized Recommendations

- Nasm Study Guide 2013 User Reviews and Ratings
- Nasm Study Guide 2013 and Bestseller Lists
- 5. Accessing Nasm Study Guide 2013 Free and Paid eBooks
 - Nasm Study Guide 2013 Public Domain eBooks
 - Nasm Study Guide 2013 eBook Subscription Services
 - Nasm Study Guide 2013 Budget-Friendly Options
- 6. Navigating Nasm Study Guide 2013 eBook Formats
 - ePub, PDF, MOBI, and More
 - Nasm Study Guide 2013 Compatibility with Devices
 - Nasm Study Guide 2013 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nasm Study Guide 2013
 - Highlighting and Note-Taking Nasm Study Guide 2013
 - Interactive Elements Nasm Study Guide 2013
- 8. Staying Engaged with Nasm Study Guide 2013
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nasm Study Guide 2013
- 9. Balancing eBooks and Physical Books Nasm Study Guide 2013
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nasm Study Guide 2013
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nasm Study Guide 2013
 - Setting Reading Goals Nasm Study Guide 2013
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nasm Study Guide 2013
 - Fact-Checking eBook Content of Nasm Study Guide 2013

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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