

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

**Yan Bai**



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