

**Application****10****FLEXIBILITY ADVICE COLUMN**

Read each situation below. Then write your advice on the lines provided. Be sure to explain why you gave each point of advice.

1. Amber is running in a track meet on Saturday. What stretching exercises should she include in her warm-up?

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2. Marvin rode his bicycle for an hour yesterday. Now his lower back muscles feel stiff. What can he do to stretch the muscles of his lower back?

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3. Peter often gets sore muscles in the back of his lower legs from jogging. What flexibility exercise could help him?

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4. Karen is beginning an exercise program. Which two or three exercises would be best if she plans to do aerobic dance?

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5. Rosalba wants to be promoted into the intermediate ballet class, but her ballet teacher said that she needs to improve her overall flexibility. He suggested that she exercise at a gym. What can she do?

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