

# FITNESS TARGET ZONES FOR FLEXIBILITY

## Static/PNF

## Ballistic

### **F**

#### Frequency

- Stretch each muscle group daily, if possible, but at least 3 days a week. Do ROM exercises before and after stretch workouts.
- *Caution:* Before doing any ballistic stretching, read “Ballistic Stretching Exercise” and the guidelines.
- Stretch each muscle group daily, if possible, but at least 3 days a week.

### **I**

#### Intensity

- The muscle must be stretched beyond its normal length.
- You must have a partner or equipment, or you can use your own body weight to provide an overload.
- The muscle must be stretched beyond its normal length.
- Use slow, gentle bounces or bobs, using the motion of your body part to stretch the specific muscle.  
*Caution:* No stretch should cause pain, especially sharp pain. Be especially careful when doing ballistic stretching.

### **T**

#### Time

- Hold each stretch for 10 to 15 seconds. Rest for 10 seconds.
- Stretch each muscle group. Start with 1 set of 1 rep and progress to 3 to 4 sets, 1 rep each.
- Bounce against the muscle slowly and gently 10 to 15 times. Rest for 10 seconds.
- Stretch each muscle group. Start with 1 set of 10 to 15 reps, and progress to 3 sets.