Pectorals

relaxation.

Decreased muscle tension and increased

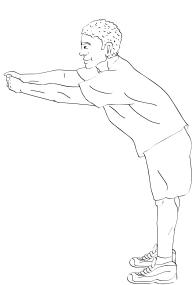
Benefit



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Activity 5.4 Flexibility Task and Benefit Cards

From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).



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Jilansa

Improved coordination.

Activity 5.4 Flexibility Task and Benefit Cards From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).

Increased range of motion.

Jilana

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Deltoids and Rhomboids



Activity 5.4 Flexibility Task and Benefit Cards

From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).

From MASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics). Activity 5.4 Flexibility Task and Benefit Cards

Reduced risk of injury.

Benefit

Biceps and Forearm



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Activity 5.4 Flexibility Task and Benefit Cards

From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).



Triceps

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Jilan98

Better body awareness and postural alignment.

Activity 5.4 Flexibility Task and Benefit Cards From VASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics). From MASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics). Activity 5.4 Flexibility Task and Benefit Cards

Quadriceps

From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).

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Activity 5.4 Flexibility Task and Benefit Cards

Benefit

Improved circulation and air exchange.



Hamstring

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Jilanga

Smoother and easier contractions.

Activity 5.4 Flexibility Task and Benefit Cards From VASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).



Groin

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Jilana

Decreased muscle soreness.

Activity 5.4 Flexibility Task and Benefit Cards From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).

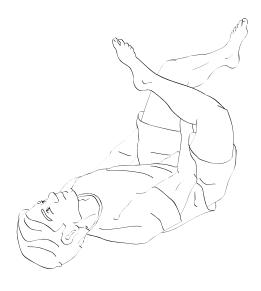
Gastrocnemius

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Benefit

and other spinal problems. Possible prevention of low-back pain

From MASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics). Activity 5.4 Flexibility Task and Benefit Cards



Gluteals

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Jilana

Facilitates the development and maintenance of motor skills.

Activity 5.4 Flexibility Task and Benefit Cards
From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).