

Ballistic stretching is rapid, active stretching. Bobbing and ----- motion are examples of ballistic stretching.

It is important to include at least static and ballistic stretching exercises in the ----- procedures for gymnasts. A complete routine of static exercises should be included before attempting ballistic exercise in order to ----- the possibility of injury. There is evidence that greater gains in the flexibility around a specific joint may be made with a training program of static stretching exercise. Ballistic stretching without prior static stretching exercise ----- cause injury. However, because of the dynamic nature of gymnastics, it is still felt that some ballistic stretching in warm-up activities, carefully used, should be included.

Static exercises can be useful in reducing muscle ----- . For this reason, the gymnast might conclude some of her practice ----- with static stretching exercises and/or use static stretching on days when not training.

Finally, a brief word must be added concerning flexibility and weight training. It is a popular misconception that training with weights reduces flexibility. As long as all of the muscles about a joint are exercised, the flexibility of that joint will improve. If the athlete does forearm (biceps) ----- then she must include some type of forearm (triceps) extension. Providing this is done faithfully, elbow flexibility will improve with time. If the athlete merely does forearm curls and neglects extension exercises the range of motion will eventually decrease.