

AGILITY & FLEXIBILITY STUDY GUIDE

AGILITY: The ability to change directions quickly (forward, backward or side to side) while maintaining balance.

- Agility is needed to help maintain balance, improve overall athletic performance, and reduce injuries.
- It is a component of physical fitness.
- Below are some activities and sports that **require agility**:
 - basketball - tennis
 - soccer - football
 - zumba - hockey
- These are some that **do not** require agility:
 - swimming - golf
 - biking - bowling
 - long distance running - baggo

FLEXIBILITY: The muscles' ability to move a joint through a full range of motion; in other words keeping your muscles stretched and limber allowing your joints to move.

- Flexibility is needed to help improve range of motion, so you can reach, bend, and stretch more easily, it can improve overall athletic performance and reduce injuries.

How do I measure my flexibility & agility?

- At OOJH we measure your flexibility with the **Sit & Reach** test and **Shoulder Flexion**.
- At OOJH we measure your agility with the **Shuttle Run**.

Why is it important to warm up before a workout and cool down after?

- It is recommended to stretch for 5-10 minutes before and after any physical activity.
- There are two types of flexibility stretches:
 1. **DYNAMIC STRETCHING:** stretching muscles while moving. For example, arm circles, hip circles; recommended at the beginning of your workouts or activities.
 2. **STATIC STRETCHING:** stretching a muscle, ideally for 30 seconds, and holding that stretch without moving or bouncing. For example, sit & reach, quad stretch; recommended at the end of your workout.

How does the F.I.T.T Formula apply to flexibility?

- **"F" = FREQUENCY** - or how often a person stretches per week. You must **stretch often enough to avoid injury**. Stretching daily is recommended.
- **"I" = INTENSITY** -or how hard a person stretches before, after or during a workout. Stretch to the point where you feel increased tension, but not pain.
- **"T" = TIME** – can refer to how long you hold a stretch or the length of your flexibility workout.
- **"T" = TYPE** – can either be dynamic (for example: high knees or seat kicks) or static (for example: calf or hamstring stretch).

SAMPLES STRETCHES FOR MAJOR MUSCLES



Muscle: BICEP

Stretches:

- Arm Press



Muscle: TRICEP

Stretches:

- Overhead Reach



Muscle: QUADRICEP

Stretches:

- Stork (quad) Stretch



Muscle: HAMSTRINGS

Stretches:

- Hurdle Stretch
- Sit & Reach



Muscle: RECTUS ABDOMINIS

Stretches:

- Cobra Stretch



Muscle: SPINAL ERECTORS

Stretches:

- Cat Stretch



Muscle: PECTORALS

Stretches:

- Behind the back hand interlock Stretch



Muscle: LATISSIMUS DORSI

Stretches:

- Deep Side Stretch



Muscle: DELTOIDS

Stretches:

- Arm Pull across front of body



Muscle: OBLIQUE ABDOMINAL

Stretches:

- Seated Side Stretch with hands behind head



Muscle: TRAPEZIUS

Stretches:

- Gentle Head Tip



Muscle: GASTROCNEMIUS

Stretches:

- Wall Calf Stretch



Muscle: GLUTEUS

Stretches:

- Crossed Leg Knee Pull to Chest
