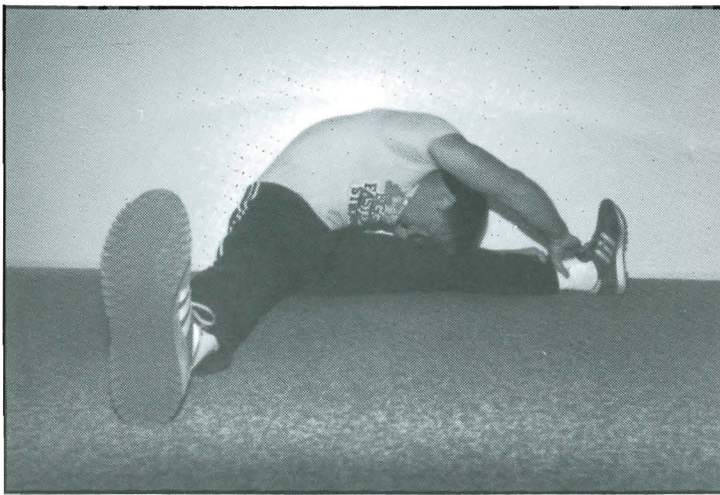


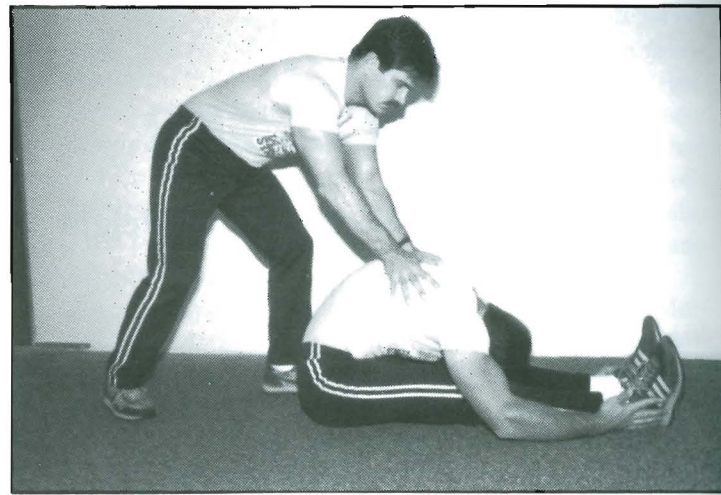
BFS FLEXIBILITY

Part 2 in a Series
by
Bob Rowbotham



STATIC FLEXIBILITY TECHNIQUE

Shown is BFS Vice-President Bob Rowbotham, flexibility expert. Coach Rowbotham benches 400 pounds at a trim 180 pounds and demonstrates that strength and flexibility are compatible.



PNF FLEXIBILITY TECHNIQUE

BFS FLEXIBILITY

The flexibility technique that is most common to athletes and coaches is the static stretch. This static flexibility technique uses a stationary position held at a greater than resting length. There are a number of advantages to the static technique. It can be done safely by most individuals, it is easy to teach, you do not need a partner and when done slowly and gently, the static stretch produces less stress and is safer than other stretching techniques.

Passive static is a technique similar to static, with the difference simply being the use of a partner. This technique can be more effective than static if the working relationship between the partner and the person being stretched has been established. The partner applies force slowly and gently until the person being stretched tells the partner to stop. The partner then holds that position for a minimum of 10 seconds. This technique requires more supervision and training in order to keep injuries at a minimum.

Ballistic stretching is a technique that uses a repeated bouncing action and should be discouraged. Even though increased flexibility can be achieved with a ballistic stretch, there is a greater chance for injury and soreness to occur.

Modified proprioceptive neuromuscular facilitation or PNF stretching techniques are based on gentle, passive prestretch and subsequent muscle contraction followed by a passive static stretch. There are three types of PNF stretching techniques from which to choose: hold-relax, contract-relax, and slow-reversal-hold-relax. There is no significant difference in resulting joint range of motion between the three PNF techniques.

Flexibility exercises using these techniques can be used for specific problem areas or as a complete flexibility pro-

gram. PNF stretching techniques are simply more effective in developing joint range of motion than the more widely used static stretching technique. The problem with PNF is that it takes more time and more supervision and can cause injury if done incorrectly.

In our next issue we will discuss the techniques and procedures in a flexibility exercise using the hold-relax technique.

BFS FLEXIBILITY MANUAL

COST: Only \$4.95

- ★ A Great Source of Flexibility Information
- ★ All Flexibility Exercises are Demonstrated by Coach Rowbotham! Stick figure drawings are not used.
- ★ Written for coaches in an easy to understand style!

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