

FLEXIBILITY TRAINING



There are many different ways to do flexibility training. It's always up to you to choose which method you want to use.

Flexibility training is an important part of gymnastics. It helps you perform different skills better and keeps you safe from injuries.

Always remember that you can stop or say no to flexibility training whenever you want.

In gymnastics, you can use different ways to train your flexibility, like:

- Stretching with your own body, strength, or equipment. Your coach will help you get into the right positions so you can learn safely and avoid injuries.
- Sometimes, your coach or another gymnast might help you stretch. Before that happens, your coach will talk to you and your parent or carer (if you're under 16) to make sure you're okay with it. Remember, it's always your choice, and you can say no anytime.

If you do any flexibility training at home, your coach should show you how to do the stretches safely first. That way, you can do them on your own without needing someone else to help you.



SECURE THEIR PRESENT TO SAFEGUARD THEIR FUTURE.