

## Calisthenics Stretching and Warm-up

### **-Warm up**

5-10 min slow jogging or riding a stationary bicycle increases heart rate, blood flow, deep muscle temperature, respiration rate. The increase in muscle temperature allows for a greater amount of flexibility. Should be sport specific.

Calisthenics are a

### **-Flexibility**

static: holding a stretch while muscles are completely passive

dynamic: requires voluntary action (drills...skipping, bounding, etc.)

ballistic: bouncing

PNF (proprioceptive neuromuscular facilitation):

-When to stretch- after warm up and after cool down

-Types of stretching- step calf stretch

wall calf stretch

butterfly

spread eagle

figure four

toe touch

side quadriceps stretch

side bend

supine knee bend

lunge

semi leg straddle

spinal twist.