Most sports performers undertake flexibility training as part of their regular training programme. Some, such as dancers and gymnasts, do so in order to enable them to stretch further and perform more complex and difficult actions. Others, such as footballers, use flexibility training as a way of preventing injuries, such as torn muscles and ligaments. There are three types of flexibility training:

- Static stretching (active stretching and passive stretching)
- Ballistic stretching
- Proprioceptive Neuromuscular Facilitation (PNF) stretching

You are going to take part in a flexibility training session. After the session, summarize it in the space below: