

Quiz

Strong and Stretchy Stuff..

1. Name five stretching techniques

- a _____
- b _____
- c _____
- d _____
- e _____

2. Describe a static active stretch

3. In your opinion, what is the most commonly used type of stretch in a purestretch class?

4. What does PNF stand for?

5. What is a muscle spindle?

6. What is the Golgi Tendon Organ sensitive too?

7. _____ inhibition describes the process of muscles on one side of the joint relaxing to accommodate contraction on the other side.

- Autogenic Reciprocal

Continued...

8. Muscles involved in the core include?

a _____

b _____

c _____

d _____

9. Why is it important to have a strong core?

10. Give four examples of poor form whilst performing core exercises?

a _____

b _____

c _____

d _____