



CHECKLIST

Flexibility checklist for gymnasts

- ☐ Warm up with light movement before stretching

- ☐ Hold each stretch without bouncing

- ☐ Breathe steadily and avoid holding your breath

- ☐ Stretch both sides equally, even when one is tighter

- ☐ Stop if you feel sharp pain during a stretch

- ☐ Stretch three to five times a week for steady progress

- ☐ Work on active flexibility by lifting and holding positions under your own control

- ☐ Give tight muscle groups an extra set, but never skip the flexible side

- ☐ Rest sore muscles for a day before stretching them again

- ☐ Seek guidance if pain does not ease with rest or if you have hypermobile joints
