

FLEXIBILITY QUIZ



Student Quiz

Name _____

True or False Determine if the following statements are true or false.
Please circle your answer.

1.) The best way to stretch is to go as fast as possible.

TRUE **FALSE**

2.) A flexible muscle will stretch easily like a rubber band.

TRUE **FALSE**

3.) You should always stretch to the point of pain.

TRUE **FALSE**

4.) Stretching exercises may improve performance in activities like sports and dance.

TRUE **FALSE**

5.) A tight muscle cannot reach as far or bend as easily as a flexible muscle.

TRUE **FALSE**