



Flexibility Basics for All Gymnasts

If you are looking to improve your flexibility then you are looking to improve your overall performance as a gymnast. If you are looking for a way to dramatically improve your skills then improving your flexibility is the single most important thing you can do. This means that simply changing your stretching routine can have a huge impact on your overall abilities.

If you are working towards improving your flexibility there are several things that you can do to improve quickly. One of the first is realize that if you improve your flexibility you are also able to improve how quickly your body learns new moves. This means improving your flexibility is a pressing need.

If you are looking at flexibility there are two ways to improve, the first is statically and the second is dynamically. Dynamic is also called active, and examples of that include split leaps and kicks. Examples of static flexibility include scales and other similar exercises. It is very important to mix up the type of exercises that you do to ensure that you are getting the maximum benefit possible.

If you are working on improving flexibility, the use of your natural body weight is a great way to help you improve as well. This allows you to carefully put controlled pressure on the muscles and ensure that you are capable of improving your flexibility slowly and without causing an injury. Using body weight to help improve your flexibility is a very simple method to use.

Additionally it is necessary to work on building your strength in each stretched position. This is important because many gymnastic positions require you to get in positions that are stretched and hold them for a few moments. This is a very difficult skill if you do not have the muscle strength necessary to hold the position. Slowly working to build this strength is best, and one of the best ways to do it is by continuously working and practicing the moves.

It is very important to understand that in addition to leg and back flexibility being very important it is also important to have flexible shoulders and arms so that acrobatic positions look proper and feel correct. If you do not have the flexibility necessary to move in required positions then it is very difficult to control movements and to perform a routine correctly.

One of the best ways to improve your flexibility easily is to carefully work out a plan to inject a bit of stretching into almost everything you do in normal life. This could be something as simple as doing a few stretches while you watch a couple of minutes of television, or even stretching while you are in the shower, or walking up stairs. Looking at each thing you do in a day as an opportunity to stretch will allow you to use some creative thinking and make the most of your flexibility while improving your levels slowly.

It is especially important to build good levels of flexibility so that the judges can clearly see the positions that you are trying to execute. In addition, judges do notice when someone has an exceptionally high flexibility level and do tend to award them higher marks than those who are not as flexible. While having flexibility of 180 degrees is all that is required, going a step further and above and beyond the minimum requirements is also looked upon favorably.

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