

THE  
SIDELINE  
FLEXIBILITY  
QUICK QUIZ

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*Stretching to Achieve Optimal Well-Being*

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# Sideline Flexibility Quick Quiz

## TEST YOUR KNOWLEDGE OF THE TOPIC

Check the best answer for each of the below:

01

As long as you work out, you don't have to worry about stretching.

- True
- False

02

Two main types of stretching that you should do before and after every workout, dance class, audition, etc. ...

- Dynamic and Ballistic
- Ballistic and Static
- Dynamic and Static
- N/A – Stretching isn't that important

03

Which type of stretching and/or workouts should you do to help improve your flexibility?

- Dynamic and Yoga
- Ballistic and Yoga
- Static and Yoga
- HIIT workouts and Yoga

04

Based on studies, how often should you stretch (static) for optimal flexibility improvements?

- 3 minutes per muscle, 1 time per day, 2 times per week
- 30 seconds per muscle, 1 time per day, 3 to 7 times per week
- 2 minute per muscle, 1 time per day, 1 time per week
- N/A – There is no data available to make this determination

05

You should focus mainly on dynamic stretching before prep classes, dance classes, auditions, etc.

- True
- False

*BOOM! How did you do?*