

Flexibility training

Guide for gymnasts



You can stop flexibility training at any point.

Your flexibility training should not go beyond mild pain/discomfort.

1 – 3
Mild



4 – 6
Moderate



7 – 10
Severe



Flexibility training should be individual to you and achievable.



Flexibility is likely to decrease during periods of fast growth.



Flexibility training should take place in an open environment, where adults are present including one appropriately qualified coach.



Make sure your joints and muscles are warmed-up before taking part in any flexibility training.



There are lots of different methods that can be used during flexibility training.

Sometimes this will include working with your coach or with other gymnasts, whilst supported by your coach.



Anyone helping with your flexibility training should never make you feel awkward or upset. If you feel this way, speak to a trusted adult.



Keep communicating with your coach during flexibility training. This includes your pain levels.

Further details can be found in the British Gymnastics Flexibility Training position statement