

# flexibility exercise *(flex-i-bil-i-ty-ex-er-cise)*

## Definition

n. A type of physical activity designed to improve the range of motion of muscles and joints.

## Example Sentence

Incorporating flexibility exercises into your routine can help prevent injuries.

## More Example Sentences

Yoga is a popular form of **flexibility exercise** that enhances muscle elasticity.

## Synonyms

stretching; limbering; flexibility training

## Antonyms

stiffness; rigidity; inflexibility

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