

static stretching *(stat-ic-stretch-ing)*

Definition

n. A type of stretching exercises in which a muscle is gradually elongated to its limit and held in that position for a period of time.

Example Sentence

Static stretching is often recommended after a workout to improve flexibility.

More Example Sentences

She incorporated **static stretching** into her routine to enhance her range of motion.

Synonyms

passive stretching; hold stretching; stationary stretching

Antonyms

dynamic stretching; ballistic stretching; active stretching

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

vocabloco.com