

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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