

# 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](https://vocabloco.com)