**ACSM Flexibility Training Exercise Design Guidelines**

In the ACSM position stand, Garber et al. 2011 recommend that flexibility programs (including static, dynamic, and PNF methods) should be designed specifically to meet the needs and demands of each individual’s lifestyle. For most adults, flexibility training will help to improve balance and postural stability. As well, the relationship between flexibility and a reduction of musculoskeletal injury has not been substantiated in the literature. Flexibility training guidelines are shown in Table 3.

**Table 3. Flexibility Exercise Recommendations**

**Variable Evidence-Based Recommendation**

Frequency ≥2-3 days/week of stretching the major muscles groups; greater gains will be attained if done daily

Intensity Stretch to the point of slight discomfort or feeling of tightness in muscle

Time 30-60 seconds of static stretching holds for older persons 10-30 seconds of static stretching holds for most adults

PNF Stretches 3-6 seconds of a muscle contraction at 20-75% of maximum intensity followed by 10-30 seconds of an assisted stretch

Pattern 2-4 repetitions of each stretch is advocated

Volume Provide a total of 60 seconds of stretching time per target muscle group for any stretching method utilized