

Effects of Different Durations of Static Stretching on Flexibility, Jumping, Speed and Agility Performance

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ABSTRACT The aim of this paper was to research the effect of different static stretching time on some physical performance parameters. A total of 25 male volunteers who were actively involved in sports participated in the study. Flexibility, jumping, speed and agility performances of all the participants were measured after static stretching exercises on 5 different days and within different durations (no stretching, 10 seconds, 20 seconds, 30 seconds, 40 seconds). After static stretching performed in all durations, the value of flexibility was discovered to be higher than the state in which no stretching is performed ($p < 0.01$). The jumping height after static stretching exercises performed in different durations is lower than the state in which no stretching is performed ($p < 0.01$). 20 m running time and agility performance did not differ among the five trials. It was found that the length of static stretching duration increased in flexibility. Also, static stretching decreased vertical jumping performance and did not affect speed and agility.