This study analyzed the flexibility of one and three ten-second repetitions using the static method. Ninety-one men were divided into three groups: CG, control (n = 16 ± 23.5 years of age); G1, one-repetition group (n = 38 ± 23.8 years of age), which was subjected to the static method, doing one repetition with ten seconds of residence; and G3, a study group with three repetitions (n = 37 ± 22.5 years of age), repeating each movement three times for ten seconds with a ten-second interval between them: the flexibility of shoulder abduction (SA) and hip flexor (HF) were measured by goniometry with the protocol of LABIFIE. We used Student’s paired t-test to verify the differences in intragroup average. The analysis of variance (one-way ANOVA), through the ratio index mathematical model (Rat = post-test/pre-test) showed significant increases for G3 compared to G1 and CG movement in SA and HF. SA showed significant difference between G1 x G3; G3 x GC showed no difference between G1 x GC. In HF, there was a significant difference between all groups. It is concluded that the proposed method was more effective when repeated three times.

Keywords
Muscle stretching exercises, men, adult, training.