

## F.A.Q.

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### • **WHAT IS FARFALLA ON THE GO?**

Farfalla STRETCH On-the-Go is a new online Flexibility and Strength Platform with online workouts for young athletes in any sport. We provide online classes in a range of static and dynamic stretching. It is scientifically proven that the incidence of injury decreases with proper stretching. Not all programs provide this discipline. Farfalla Stretch Fitness gives a new approach to stretching. We present a series of warm-ups: feet strength/flexibility, and incorporation total body flexibility /strength combinations at three different levels. Our program is used by dancers and athletes around the world to supplement their traditional dance and athletic training education. It is an exceptional way to reboot your flexibility and boost your performance.

### • **WHAT ARE STATIC AND DYNAMIC STRETCHES?**

#### ***STATIC STRETCHES***

Static stretching exercise are ones that involve no movement. They take place from a stretched position. The pose is held for a certain amount of time and in specific way.

#### ***DYNAMIC STRETCHES***

Dynamic stretching exercises are done with movement such as jumping, swinging and skipping. These are the exercises that get your blood flowing and your body ready for the big stuff. You are stretching your body, but adding movement to the action.

### • **PROS OF STATIC STRETCHING EXERCISES?**

Makes you more flexible  
Release stress and tension within the muscles

### • **PROS OF DYNAMIC STRETCHING EXERCISES?**

- Improves your range of motion
- Gets your blood flowing and your heart pumping
- warms up your muscles, ligaments, and joints
- Bring oxygen to your muscles
- Stimulate your nervous system
- Prepares your body for more strenuous movement
- Keeps body in motion for full warm up through flowing movement
- Help prevent injuries

• **HOW DOES FARFALLA ON-THE-GO WORK?**

We suggest three packages: Beginner, Intermediate & Advanced. Choose a package according to your personal level of performance. Each pack includes video-based classes. It's 100% online, so you can watch the videos on Macs, PCs, iPhones, iPads, and Android: any device with an internet connection! Train at any place anytime. Once you subscribe, each package will be available for 1 month, automatically charging every consecutive month on the same date.

• **HOW MANY TIMES WILL I BE CHARGED?**

You will be charged automatically every consecutive month. You may stop billing anytime, as soon as you stop you won't be charged starting from the next month. To cancel your subscription please contact [info@farfallago.com](mailto:info@farfallago.com)

• **HOW DOES REFUND POLICY WORK?**

Refund Policy - No Refunds, after you activate you package (video)

• **WHO SHOULD PRACTICE FARFALLA On-The-Go Online Training?**

It's definitely for you if you are:

- are an athlete
- are an dancer
- want to remove tension/stress/pain
- want to improve your posture
- want to increase your flexibility
- want to know how to stretch effective while safe way
- are of any age
- want to boost your performance

• **I WANT TO START FARFALLA STRETCH TRAINING. WHAT IS THE BEST WAY TO BEGIN?**

For Dancers and Athletes that are just starting to work on flexibility , or for those looking for a refresher, we recommend you to master Beginners Flexibility and Strength Combinations prior to proceeding to more advanced Flexibility and Strength training.

• **HOW MANY TIME A WEEK SHOULD I BE DOING STRETCHING?**

For optimal gains in Flexibility and strength, we recommend at least three times a week.

## • **WHAT ARE THE BENEFITS OF STRETCHING ?**

Stretching is important for a number of reasons. If it wasn't , we'd probably all skip it for the most part and get right to the fun part like a good, hard, workout, performance or competition. That wouldn't be smart at all. Here is why.

**Improves Flexibility:** Stretching improves flexibility which can certainly boost your performance when it comes to Ballet, Dance, and /or Gymnastics

**Reduce Risk of injury:** Stretching Helps your risk of injury because it enables your joints to work at their full range of motion and also allows your muscles to work at their maximum capacity.

**Increase Blood Flow:** Blood flow is increased in

the muscle and soft tissues in the area you are stretching. Thats not all.... There are some additional benefits of stretching. Its a fact stretching can help reduce pain. It also increases energy, enhances posture, and improves coordination. To top it off, stretching, like exercise, simply makes you feel better all the way around.

## **HOW SOON WILL I FEEL THE RESULTS?**

Farfalla On-the-Go online platform provides immediate, cumulative, and over time permanent increases in Flexibility and Strength. Most of the people are surprised at the feeling the stretch provides immediately after their first Experience. It's truly a unique and powerful way to use your muscles that most people have not experienced throughout the entire lives. The results will be felt immediately, however it can take many repetitions of of specific stretches to release chronic tension in certain areas of the body. Many people find that after they find Farfalla Stretch program, they find the "problem" areas of their body and gain a greater understanding of their pain and problems. As they begin to focus on these areas and stretch them out.

## • **WHY IS FLEXIBILITY IS A MUST IN ATHLETES AND DANCERS TRAINING?**

Most sports and other physical activities benefit from stretching. Football, basketball, soccer, dancers, snow and water skiing, diving swimming, and even horseback riding are best done after and dynamic stretching. Building Flexibility with Farfalla program is a great way to build strength, ensuring your muscles and soft tissue are well prepared for a good workout and a stellar performance, as well.

• **WHY DO YOU HAVE TO WORK ON FLEXIBILITY AND STRENGTH ?**

A muscle must contract strongly( even maximally) while stretching, therefore a muscle will need to have sufficient strength while stretching in order to be capable of stretching. Strengthen a muscle before you stretch it to insure your success when stretching it. Farfalla Stretch On-The-Go also results in a 15% increase in strength, as well as strength training resulting in a 15% increase in Flexibility. It takes twice the force to stretch a muscle as it does to strengthen it. The flexibility and Strength of a muscle are balanced only if the muscles strength equals half of resistance force when it is being stretched.

• **IS THERE A CERTAIN ORDER THAT I SHOULD DO THE STRETCHES IN?**

The order that you do the stretches it depends on your goals for the stretching session. For example, if you are limited on time and want to get stretching in before you start your day, you could go through a Warm- up and 15 min long flexibility and strength combo, or if you feel that your body is really tight, you could do a set of 30 min log Flexibility exercises. As you progress on Flexibility, you will become more aware of what your body can do , then you can move on to more advanced levels.

• **HOW MANY REPETITIONS SHOULD I DO?**

This depends on your goals for the stretching session. If you are going through Flexibility and Strength Combinations, you may want to do anywhere from 6-10 reps of each stretch on each side. This allows you to get a decent stretch on all your muscle groups in an efficient amount of time. If you are focusing on improving your flexibility more, you may choose to do longer Farfalla On-the-Go classes. Stop stretching when you feel that your muscles are becoming fatigued. It takes twice as long for your muscles to recover when you stretch them to the point of fatigue.

• **WHERE SHOULD MY FOCUS BE WHILE STRETCHING?**

Static stretches focus on range of motion and flexibility. They are done nice and easy. It's a good idea to breathe deeply to allow oxygen to flow to the muscles, which is more important than you may think.

• **HOW CAN I DECREASE SORENESS FROM STRETCHING?**

If you have had a really good stretching workout, you should feel a "good" soreness later that day or perhaps even two days afterward. If you feel uncomfortably sore after stretching, you probably overdid yourself or did something wrong that need to be identified and corrected. Many people are sore after they are first introduced to stretching, but as time moves on, their body is more capable of recovering faster and the soreness decreases. To keep soreness at a minimum , make sure that you are training just enough but not too much, have sufficient vitamin and mineral intake, great food and hydration.

• **STILL HAVE QUESTIONS?**

Yes! We are happy to help with any questions you have on our plans, just shoot an email to [info@farfallago.com](mailto:info@farfallago.com) and someone from our team will be in touch shortly.