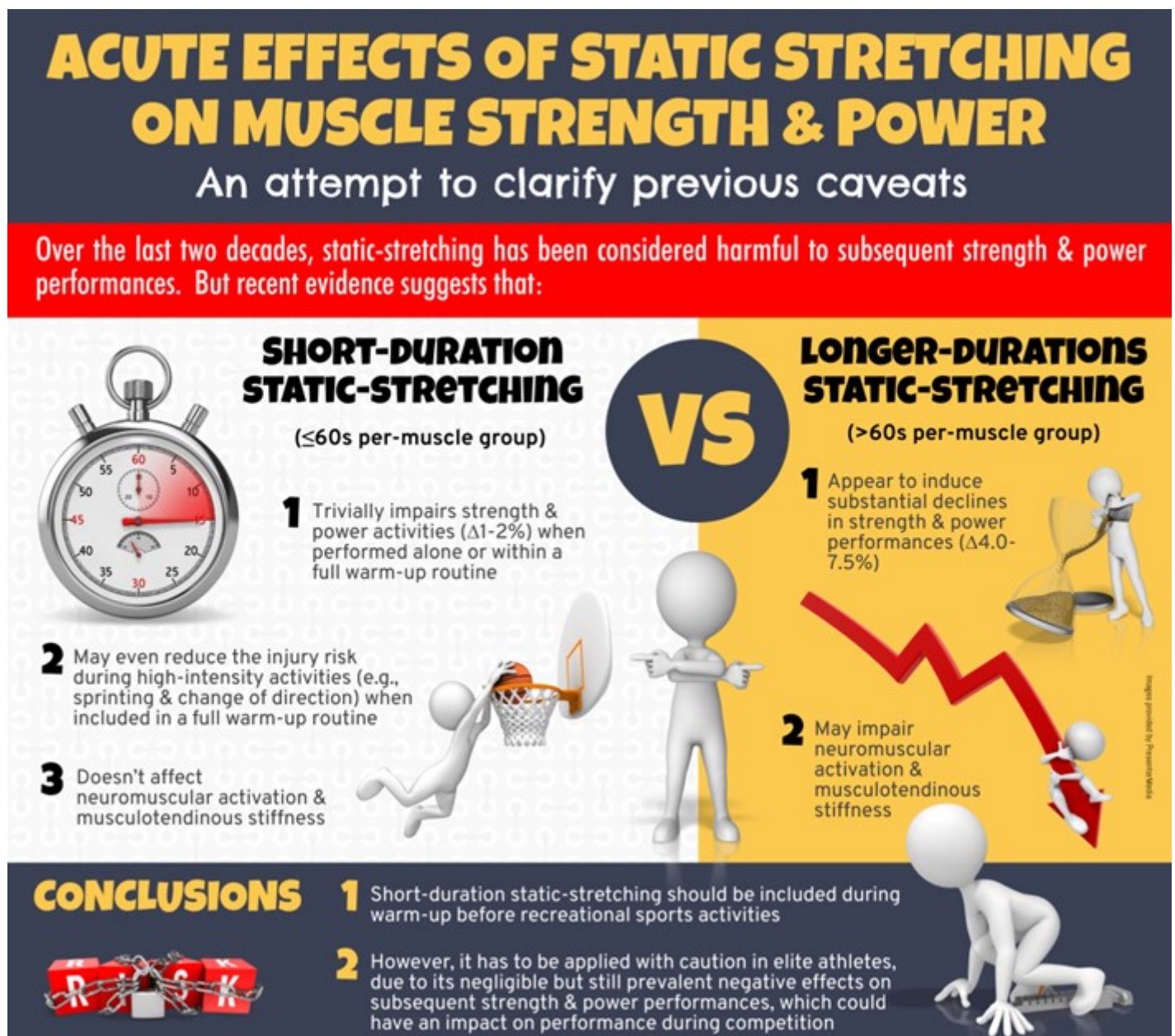


Stretching Pros and Cons Picture This



Source: <https://ylmsportscience.com>