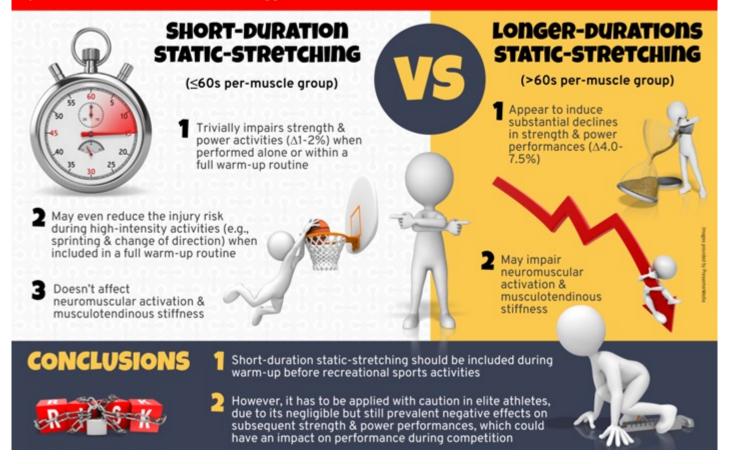
Stretching Pros and Cons Picture This



ACUTE EFFECTS OF STATIC STRETCHING ON MUSCLE STRENGTH & POWER

An attempt to clarify previous caveats

Over the last two decades, static-stretching has been considered harmful to subsequent strength & power performances. But recent evidence suggests that:



Source: https://ylmsportscience.com