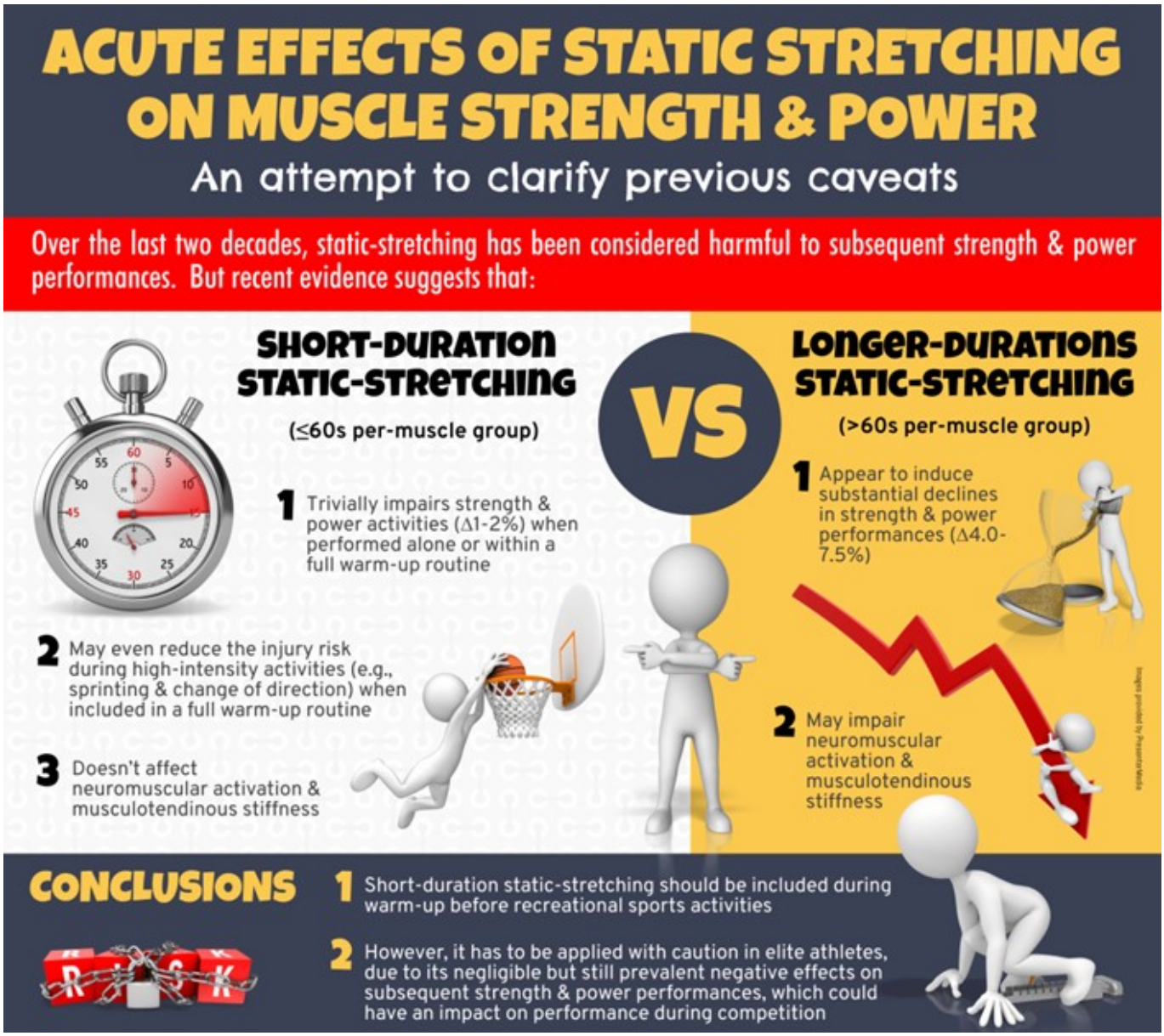
Stretching Pros and Cons Picture This





Source: https://ylmsportscience.com