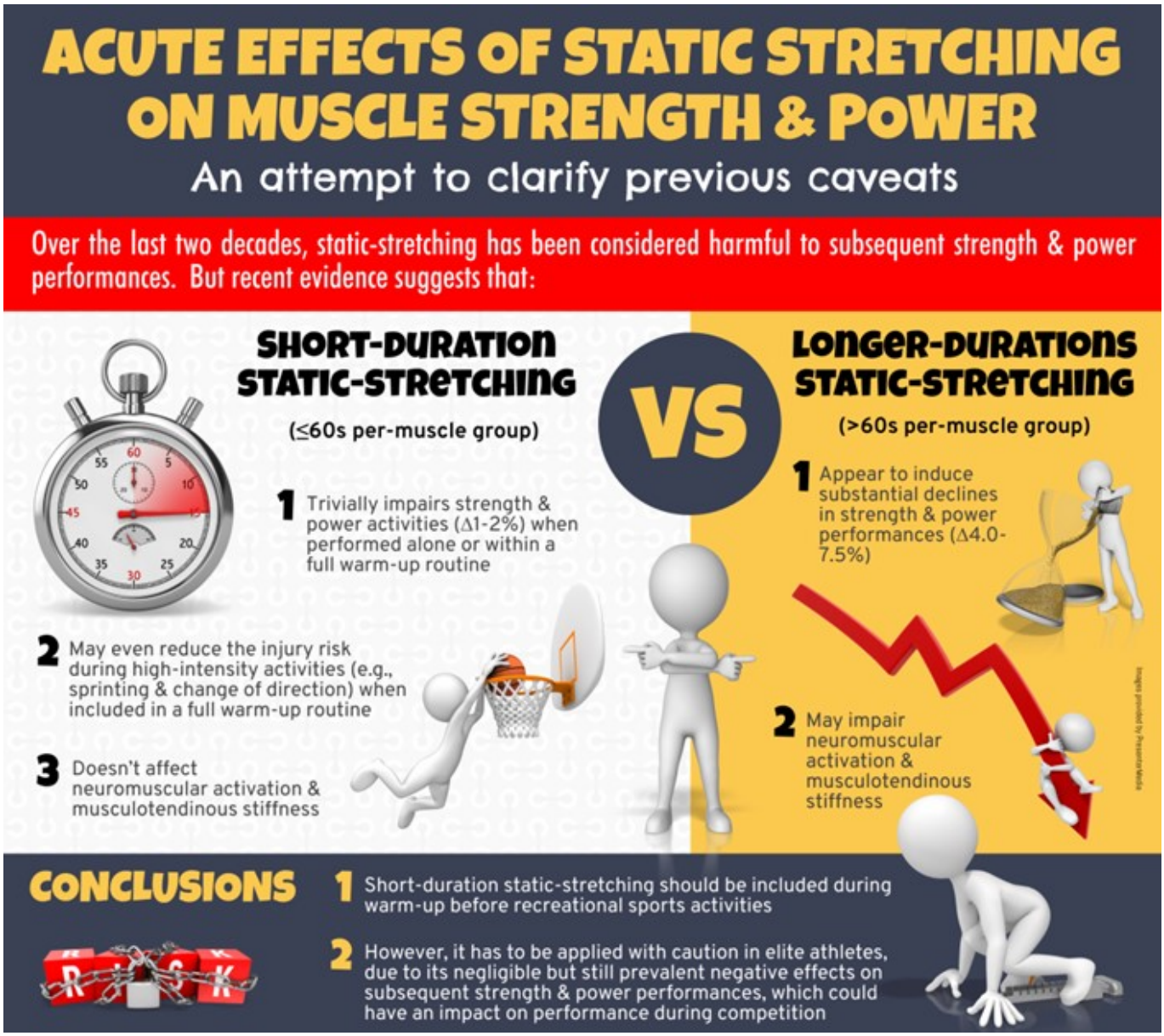
Stretching Pros and Cons Picture This



Source: https://ylmsportscience.com