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dozens of research papers in attempts to answer the above questions. With this website I hope to address these and other issues based on my own research and clinical experience.

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When is the best time to stretch? A lot of people ask me if they should stretch before a workout. It's fine to stretch pre-workout gently (your muscles are cold), but I usually do more dynamic stretches or warm-up movements to prepare for my workout, things like hip swings, arm circles, and bodyweight movements that

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aren't at my full max potential - for example, holding plank, doing body ...

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