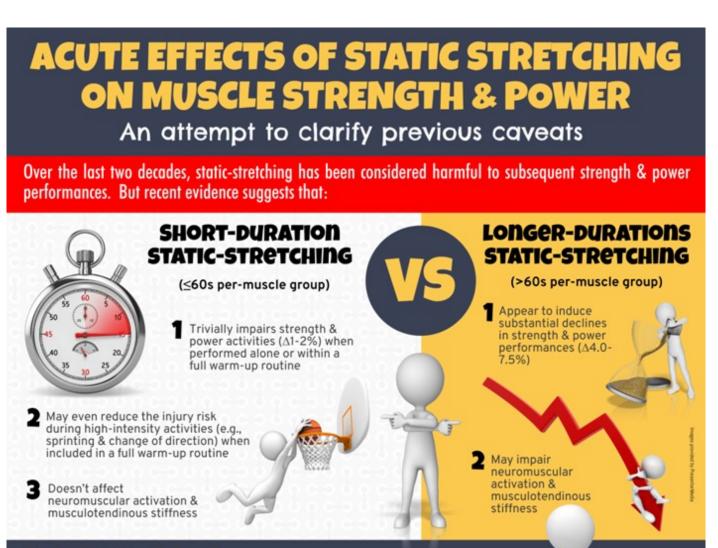
## Stretching Pros and Cons Picture This



CONCLUSIONS

- Short-duration static-stretching should be included during warm-up before recreational sports activities
- R
- However, it has to be applied with caution in elite athletes, due to its negligible but still prevalent negative effects on subsequent strength & power performances, which could have an impact on performance during competition



Source: <a href="https://ylmsportscience.com">https://ylmsportscience.com</a>