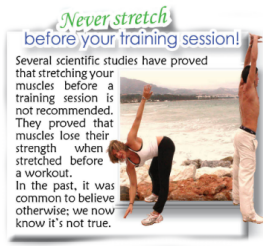


Never stretch before your training session!

Written by

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Never stretch before your training session!

Several scientific studies have proven that stretching your muscles before a training session is not recommended. They proved that muscles lose their strength when stretched before a workout.

In the past, it was common to believe otherwise, we now know it's not true.