

You should always warm up with intensive stretching

Written by

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This was commonly believed by most people many years ago. But in our day it has been proven in studies that muscles lose power when they are stressed before training. And on the other side, you run the risk of damaging the muscle while stretching it when it is cold. It is advisable to stretch after the workout. The studies also showed that stretching before training does not prevent and protect us from injuries. Scientists compared athletes who stretched to those that never stretch, and could not prove a correlation between stretching and injuries.