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The Complete Guide to Stretching for Runners

Stretching exercises help muscles to relax, relieving tension. Differing conclusions have been dealt amongst 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.

Stretching Exercises Guide. Your ultimate guide to stretches.

Deep Tissue Massage Tricep Stretch. While standing, lift one arm above your head and bend at the elbow to reach down behind your neck. Use... Shoulder Stretch. Bring one arm up across your body. Hook your other arms underneath and pull the straight arm towards... Quad Stretch. Whilst standing, bend ...

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