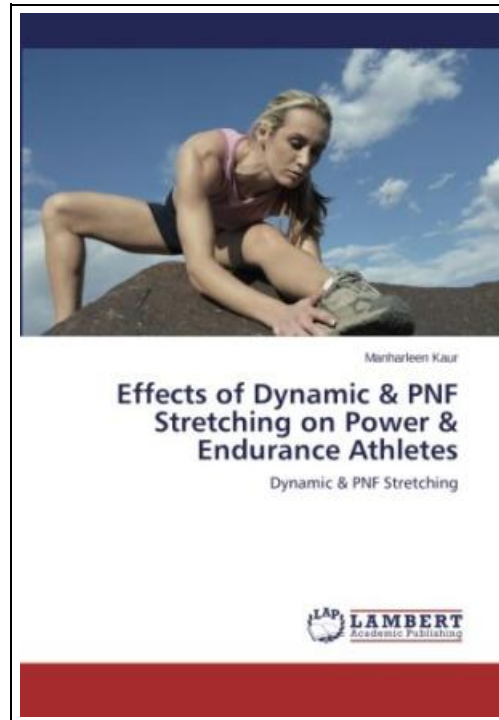


## Effects of Dynamic & PNF Stretching on Power & Endurance Athletes



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