



- 1. **STRETCHING** is a key component of any fitness routine.
- 2. **STRETCHING** helps to improve flexibility and reduce the risk of injury.
- 3. **STRETCHING** can also help to relieve muscle tension and improve circulation.



- 4. **STRETCHING** is most effective when done after a workout.
- 5. **STRETCHING** should be held for 30 seconds to 1 minute.
- 6. **STRETCHING** should be done slowly and without bouncing.
- 7. **STRETCHING** should be done on a flat, soft surface.
- 8. **STRETCHING** should be done regularly, at least 3 times a week.

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