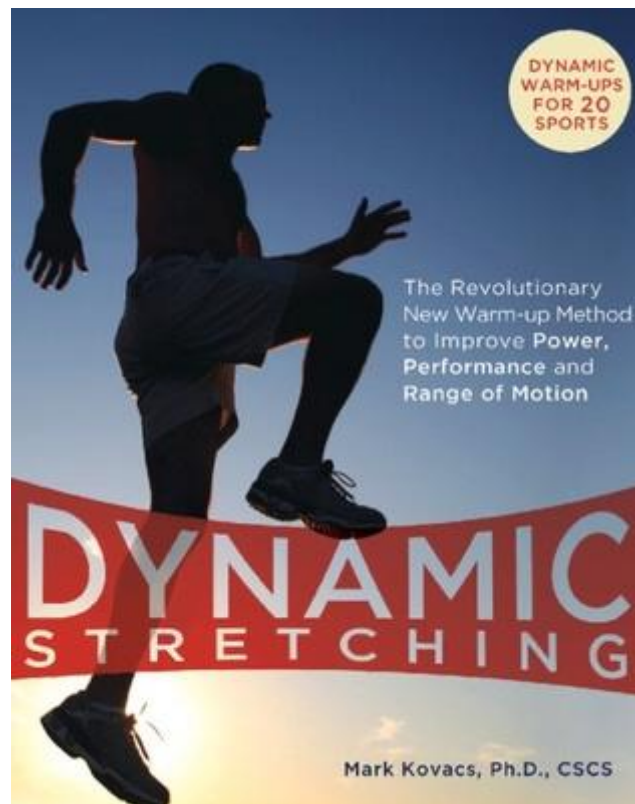


# Dynamic Stretching: The Revolutionary New Warm-up Method To Improve Power, Performance And Range Of Motion - Mark Kovacs



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