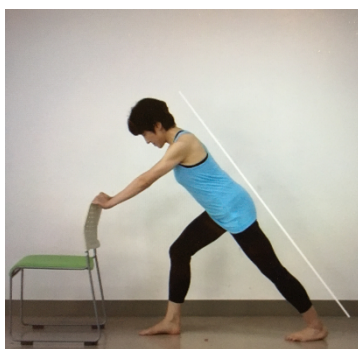
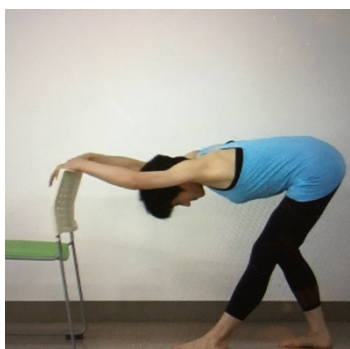


Supplemental Figure S1. Stretching protocol

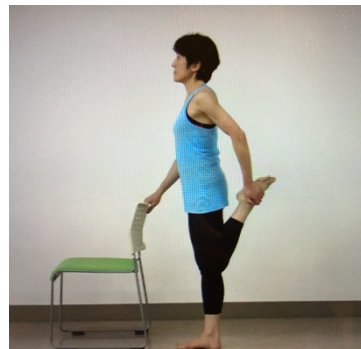
1. Calf



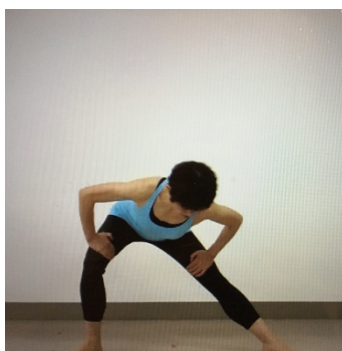
2. Back of the thigh



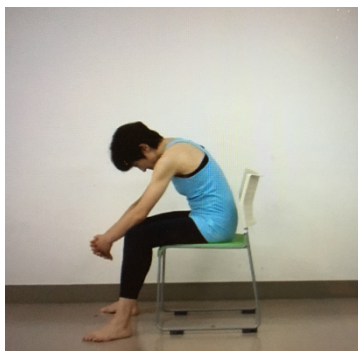
3. Front of the thigh



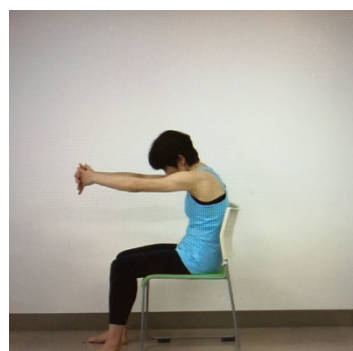
4. Inside of thigh



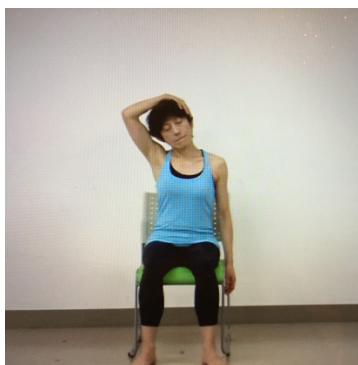
5. Waist



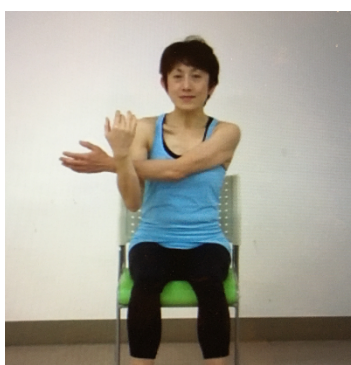
6. Upper back



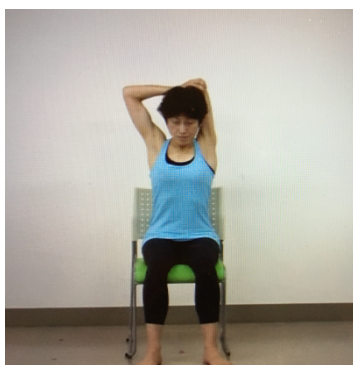
7. Neck



8. Shoulder



9. Upper arm



10. Wrist

