

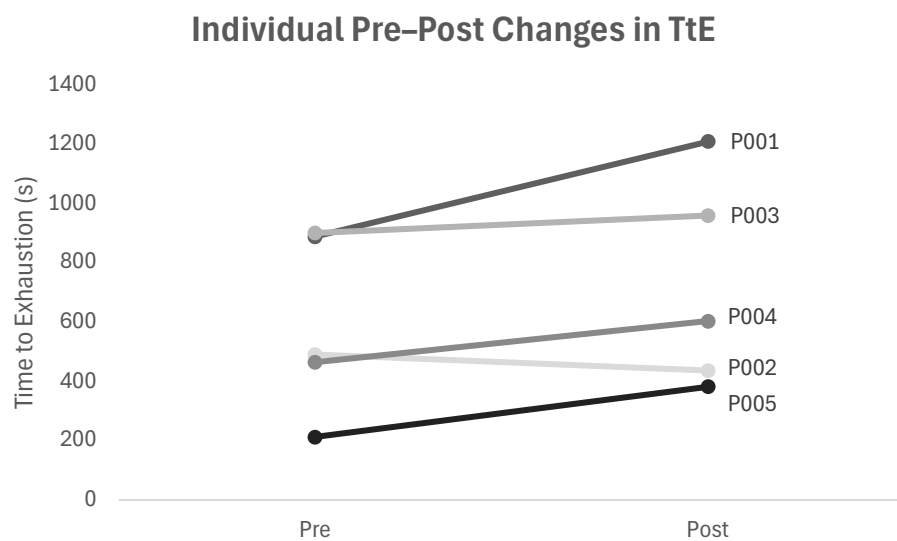


Figure 1: Individual pre-post changes in time to exhaustion in the stretching group ($n = 4$) and the combined-intervention participant (P002).