
Stretching the \"new\" right way. Dynamically

Posted by Jared - 2008/11/07 10:20

Some probably already know this. I know some Coaches and players utilize it, but for those who don't read on.

http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?_r=1&oref=slogin

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