
Stretching

Posted by AJH - 2008/02/10 08:28

How important is stretching to fitness?

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Re:Stretching

Posted by harshads - 2008/02/19 12:34

Stretching is just for the people who do workout in the gym or any other places. Stretching helps you to warm-up your body. I will recommend to do stretching for 10 mins before starting actual workout.

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Re:Stretching

Posted by blackthinboy - 2008/02/19 12:45

Anyway stretching is very important before do any sport activity or gym. If you play sport without warm-up easy to make u become an injury. So this thing also you must be careful.

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