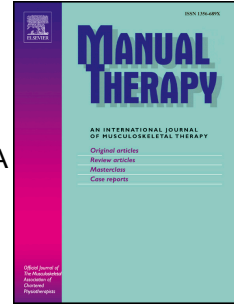


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Acute effects of stretching on maximal muscle strength and functional performance: A systematic review of Japanese-language randomised controlled trials

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**Acute effects of stretching on maximal muscle strength and functional performance: A systematic review of Japanese-language randomised controlled trials**

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