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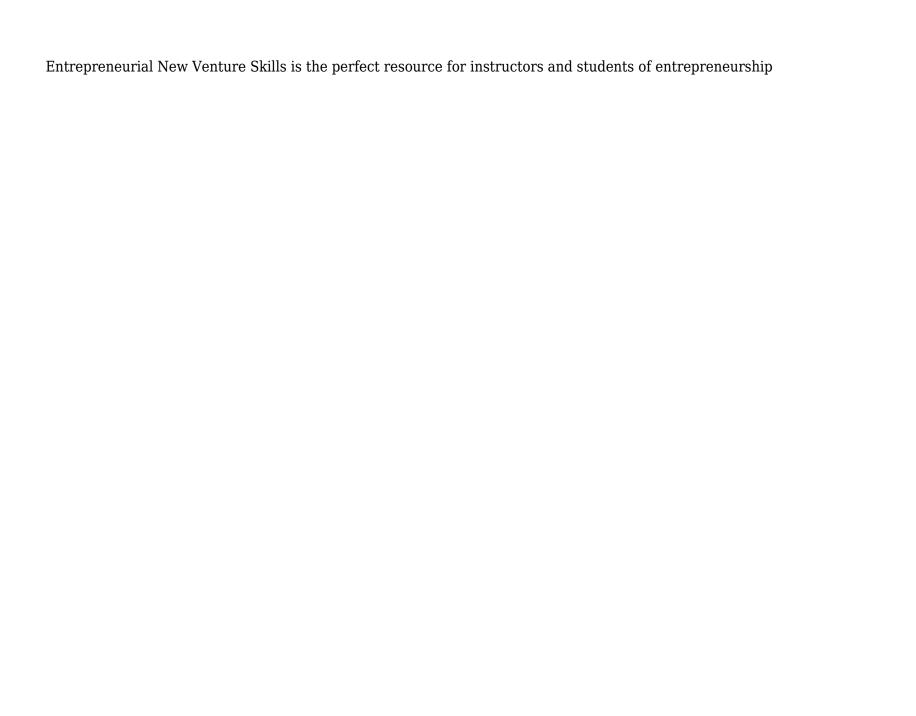
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static stretches involve holding a stretch for a period of time $% \left(\frac{1}{2}\right) =\frac{1}{2}\left(\frac$