



Måste jag stretcha & foamrolla som uppvärmning?

Referenser:

Warneke, Konstantin et al. "Foam rolling and stretching do not provide superior acute flexibility and stiffness improvements compared to any other warm-up intervention: A systematic review with meta-analysis." *Journal of sport and health science*, S2095-2546(24)00006-1. 18 Jan. 2024

Blazevich, Anthony J et al. "No Effect of Muscle Stretching within a Full, Dynamic Warm-up on Athletic Performance." *Medicine and science in sports and exercise* vol. 50,6 (2018): 1258-1266.