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A review of the acute effects of static and

1. Eur J Appl Physiol. 2011 Nov;111(11):2633-51. doi: 10.1007/s00421-011-1879-2. Epub 2011 Mar 4. A review of the acute effects of static and dynamic stretching on

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It has been shown for example that intensive stretching has a synergistic effect with Plyometric training by protecting the joint and making it more receptive

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1. J Strength Cond Res. 2013 Apr;27(4):973-7. doi: 10.1519/JSC.0b013e318260b7ce. Acute effect of passive static stretching on lower-body strength in moderately

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