As we find, the stretching before or after practice can improve the performance or reduce injury.

In the process of dynamic stretching, the lubrication in our joints will become greater and greater, our joints will become more and more flexible, and the range of motion will become larger and larger, which will give us a good preparation before exercise. Whether it's aerobic jogging or before equipment and strength training, it's better to do some stretching exercises. The main purpose of stretching before formal exercise is to stretch muscles and tendons, enhance flexibility and muscle tension, and avoid pulling muscles and tendons during exercise. Also, it can reduce muscle viscosity and internal energy consumption during exercise. At the same time, it can improve the metabolic capacity of the body.

If you only exercise for a long time and without stretching, your muscles will be particularly hard, and then lose elasticity, even if the latitude of the muscles is very large, it will lack aesthetic feeling. Because, after exercise, the muscles begin to congest and become tense.

The first benefit is stretching can accelerate expel lactic acid accumulation. Muscle capacity decreases. Muscle soreness the next day after training is partly due to delayed soreness. Another reason is lactic acid accumulation. Because, after exercise, there will be some lactic acid accumulation in the muscles, especially in those who do not exercise for a long time.
The second benefit is If people do not stretch, long-term training can also produce large muscles, but the shape of the muscles will not be good. So stretching can reduce muscle adhesion, muscle adhesion will occur after fitness, especially for those who only do strength training during fitness.

The third benefit is Stretching can increase the point of muscle strain. Frequently trained people's muscles are not easy to fatigue, especially in strength training. Frequently trained people are very different from novices. Maybe novices are tired after several groups. Frequently trained people can completely exhaust the target muscles and better stimulate the target muscles. Muscles are elastic. When they are exerted, they shorten and tense when they are tense. When they relax, they return to their normal state. Muscles cannot grow or shorten themselves, and the only way to stretch them is by stretching them after exercise.

The fourth benefit is Stretching can increase the flexibility of the body, which many people understand, fitness stretching can open the ligaments, make your body more flexible.

The fifth benefit is Stretching can improve muscle function, stretching after exercise can increase the range of muscle activity, enhance the coordination and adaptability of the body.