

THE SCIENCE OF STRENGTH 2.0

with Jenni Rawlings

References:

Podcast episodes:

Yoga Meets Movement Science podcast episode 40: Can Stretching Make You Strong? w/ Greg Nuckols <https://www.jennirawlings.com/podcast/can-stretching-make-you-strong>

Yoga Meets Movement Science podcast 22: The Connection Between Strength Training & Range of Motion w/ Greg Nuckols <https://www.jennirawlings.com/podcast/the-connection-between-strength-training-and-range-of-motion>

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THE SCIENCE OF STRENGTH 2.0

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