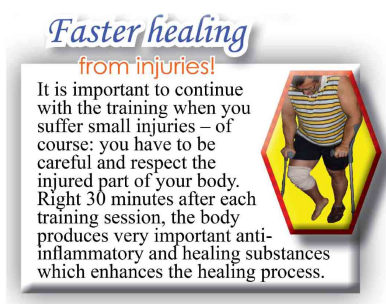


Faster healing from injuries!

Written by

DATE_FORMAT_LC2 -



Faster healing from injuries!

It is important to continue with the training when you suffer small injuries – of course: you have to be careful and respect the injured part of your body. 30 minutes after each training session, the body produces very important anti-inflammatory and healing substances which enhance the healing process.

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