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Immediate Effects of Three Different Stretching Techniques on Hamstring Flexibility in Professional Football Players

Author/s (also referred to as “Licensor/s”):

Erkan EROL, Ramazan YILDIZ, Ayşe YILDIZ, Fatih Emre DOĞAN, Bülent ELBASAN

Corresponding author (if more than one author):

Erkan EROL

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