

## Benefits & Uses

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Here are some of the most common benefits that The Stick can provide:

Prevents & predicts muscle injuries.

Dramatically improves strength, flexibility and endurance.

Rapidly prepares muscles for physical activity.

Disperses the effects of lactic acid following activity.

Accelerates muscle recovery time.

Increases circulation of blood in muscles.

Check out this Video to see some more benefits!

{youtube}6j35uZO4C3Q{/youtube}

## Common Uses and Benefits of Using The Stick!