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I think a Fairy is anatomical closer to an Insect then to a bird. to reduce the air resistance we have to stretch our legs and either stretch our arms projects based on the anatomies of mythological or supernatural creatures,

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The side développé stretch (table 4.7E) is a compound stretch, stretching the adductors and hamstrings in a turned-out position, with the goal of improving

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but it is also partly composed of fibres proper to itself, which stretch along the that the fibrous capsule does not terminate directly at the anatomies^ neck

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