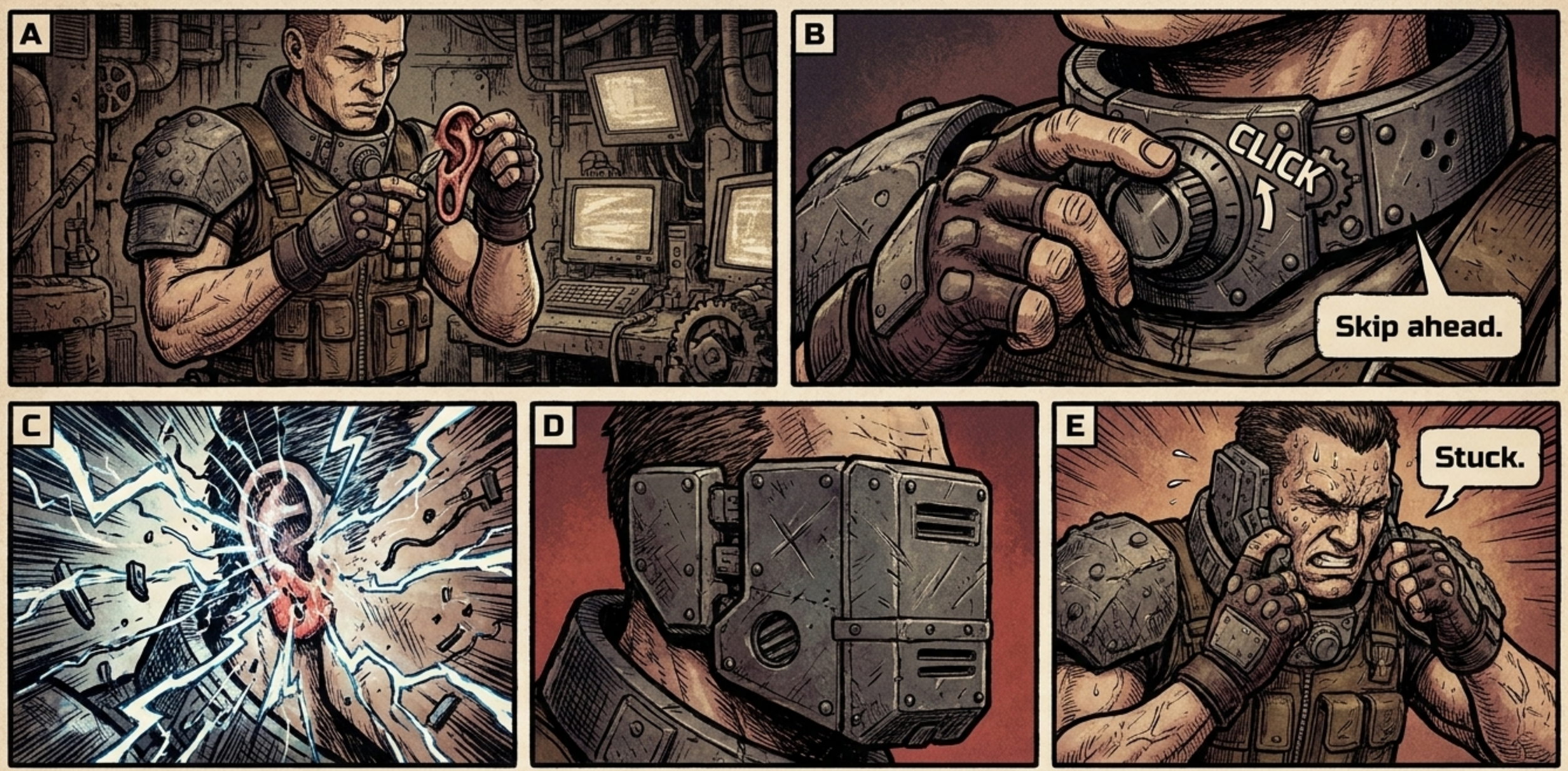

Rushing the stretching process produces an emergency repair response of scar tissue that cannot shrink.

The fast forward button only works on weekends.