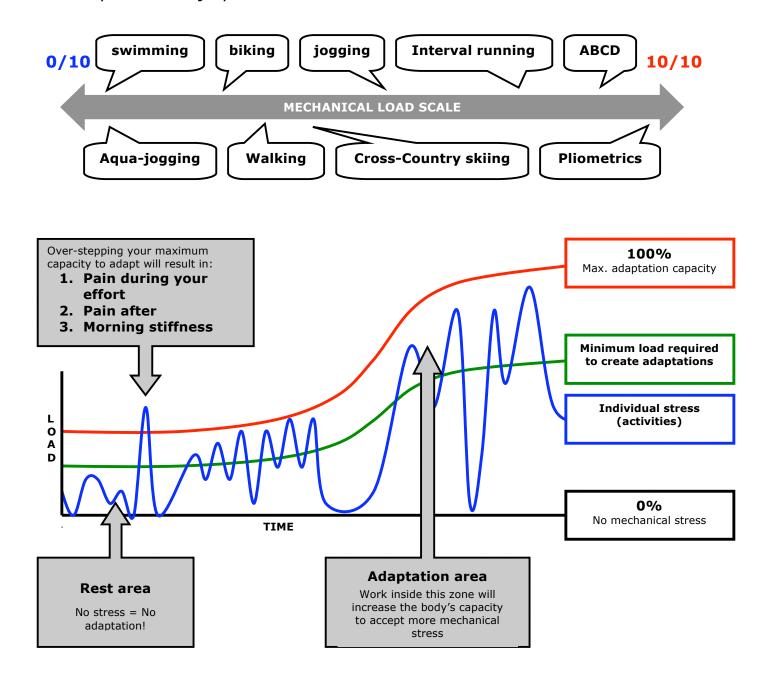


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QUANTIFYING MECHANICAL STRESS

The body will adapt itself as long as the applied stress is not greater than the body's capacity to adapt. Daily quantification of the applied mechanical stress is the best way to avoid injury.



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