

Exercise Chart

The researchers also used a computer-generated, randomized, and self-administered, 10-item Likert scale to assess the level of support for the 10 items being evaluated. The items range from strong support (strongly agree) to no support (strongly disagree). Data points in this measure, which are measured from 1 to 5, were averaged to provide a mean for each item. The researchers further analyzed the data to determine the mean and standard deviation for each item. The researchers found that the mean scores for each item were as follows: 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, and 1.00. The standard deviation for each item was as follows: 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, and 0.00. The researchers also found that the mean scores for each item were as follows: 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, 1.00, and 1.00. The standard deviation for each item was as follows: 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, 0.00, and 0.00.

Two athletes in blue and orange uniforms are shown in a hurdle drill. They are in a low, powerful starting stance, ready to burst forward over a hurdle.

Total Gym Pro Exercise Guide

Steve Barrett

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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