

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 10, are presented in Table 1. The data were then analyzed using the Pearson's χ^2 test to determine if there was a significant association between the level of support and the level of support for the 10 items.

Diagram illustrating a sit-up exercise using a resistance band. The person is lying on their back, knees bent, and feet flat on the floor. A resistance band is looped around their feet and held by their hands behind their head. The person is lifting their hips and shoulders off the floor, pulling the band upwards.

Total Gym Exercise Guide

IM Harris



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