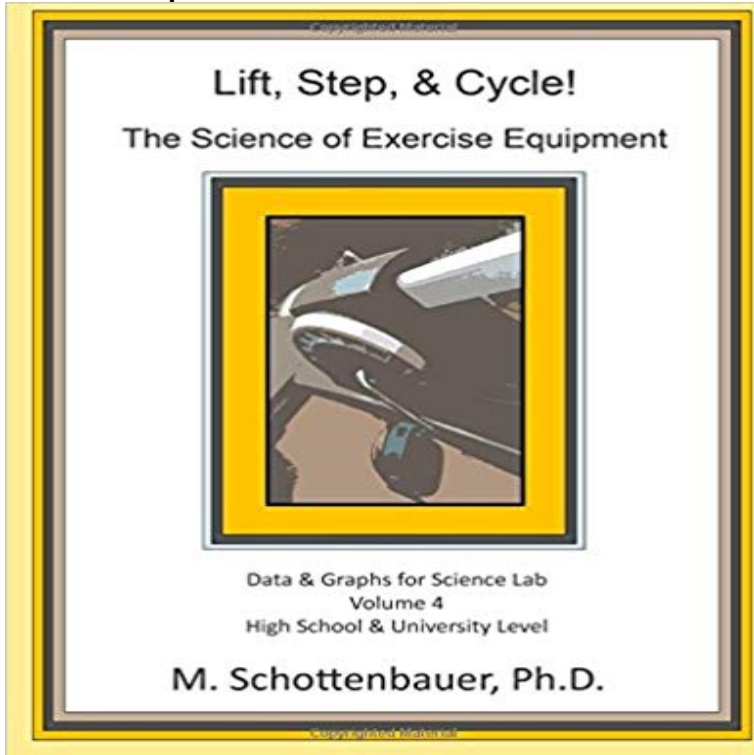


# Lift, Step, & Cycle: The Science of Exercise Equipment: Volume 4: Data and Graphs for Science Lab



This book contains graphs showing data on the usage of common exercise equipment, including an L-sit station, dip station, pull-up station, rowing machine, balance board, exercise wheels for hands and feet, and foam rollers. Graphs show the body in motion over time, focusing on relevant joints. Graphs show the x-y positions of the hip, knee, ankle, shoulder, elbow, and/or wrist during exercises. These data can be used for lesson plans by teachers and parents. Note: These biophysics data are samples from one individual and are not representative of the population.

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