

Exercise Chart

The researchers also used a computer-generated random number table to select 100 subjects from the 1,000. The researchers found that the subjects who were selected were not significantly different from the subjects who were not selected. This suggests that the subjects who were selected were representative of the population of subjects who were not selected.

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 1700 Workout Guide

WJ Hussar



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