**Observations:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Type of Exercise** | **Force (N)** | **Distance (m)** | **Time (s)** | **Work (J)** | **Power (W)** |
| Arms – 10 sec |  |  |  |  |  |
| Arms – 1 min |  |  |  |  |  |
| Legs – 10 sec |  |  |  |  |  |
| Legs – 1 min |  |  |  |  |  |

**Additional Observations:**