1. How does the type of exercise affect an individual’s emotional state and mind?
2. Young adults 20-25yr, sample = 99 with groups of 5
3. Independent: type of workout; dependent: time it takes for a person to get frustrated with puzzle
4. Working out + doing puzzles at the end
5. 30min – 5 hr

Have three groups: control, ab stimulation, and HITT workout at 10am

Give each group 30 mins to workout, get stimulated, or do nothing.

Afterwards in rooms, give each group 500 piece puzzle + a “give up” button and measure the time it takes to press the button.

Plot 3 graphs showing the data with overlays

Debrief.

Prediction: HITT workout with the least, follows with control and ab stimulation are similar.