



If you do some sport and find warm up boring, we are looking for you!  
Each participant will perform a warm up session, just this time, it will be more fun!

***The study will be  
conducted on March  
28<sup>th</sup> and 29<sup>th</sup>, 2018.***

**Number of participants limited!**  
**Sign up *now*!**

- We guide you through **one** warm up session
- We measure your range of motion and heart rate
- You fill in few questionnaires
- **10 € Cash**
- Opportunity to try a new way of warming up



s8mavuji@stud.uni-saarland.de

## Study 'Exergame'

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