Do you often skip warm up before workout?



We want you! Take part in our study!

Each participant will perform a warm up session, just this time, it will be fun to do it!

What do you need to do?

- We guide you through
 one warm up session
- We measure your range of motion and heart rate
- You fill in few questionnaires

What do you get for that?

- 10 € Cash
- Opportunity to try a new way of warming up

The study will be conducted on March 28th and 29th, 2018.

Number of participants limited!
Sign up now!

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