



## What do you need to do?

## What do you get for that?

- 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

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



## Study 'Exergame'

s8mavuji@stud.uni-saarland.de

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