

WORKSHOP: HOW JUGGLING CAN IMPROVE RANGE OF MOTION

PRE-TEST

Touching toes:

Torso rotation:

What prop did you use?

How difficult did you find the juggling exercise (1 = very easy, 5 = very difficult)?

POST-TEST

Touching toes:

Torso rotation:

WORKSHOP: HOW JUGGLING CAN IMPROVE RANGE OF MOTION

PRE-TEST

Touching toes:

Torso rotation:

What prop did you use?

How difficult did you find the juggling exercise (1 = very easy, 5 = very difficult)?

POST-TEST

Touching toes:

Torso rotation: