GYM students   
for Development and injury prevention

## Questionnaire

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| Demographics information |  |
| Location: | Snap Fitness |
| Male or female: | Male  Female |
| Age: | < 25  25—30  31—40  41—50  > 50 |
| Nationality: | Spanish |
| Experience (how long have you been going gym) | Less than a month  1-6 months  1 year  2 years  3 years + |

|  |  |
| --- | --- |
| Usage information |  |
| Do you train by yourself or with others? | Yourself  others |
| What’s your motive to go GYM? | Stay skinny and fit. Look good |
| Do you take any form of Dietary enhancements on listed days? | Yes  No  If yes specify which dietary enhancements:  Protein |
| What Parts of the body do you work out throughout the week? | Arms and Abs |
| Do you wear any supporting gear? | Yes  No  If yes, which one? |
| Have you had any previous injuries? | Yes  No  If yes, what happened and are they reoccurring?  Shoulder, it has occurred more than once |
| Do you stretch before and after your workouts? | Yes, most of the time |