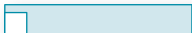


**FIGURE 7.1 Example of a 2 by 5 Design**

**Athlete**



☐ 5 lbs. (20)

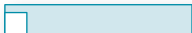
☐ 15 lbs. (20)

☐ 25 lbs. (20)

☐ 35 lbs. (20)

☐ 45 lbs. (20)

**Nonathlete**



☐ 5 lbs. (20)

☐ 15 lbs. (20)

☐ 25 lbs. (20)

☐ 35 lbs. (20)

☐ 45 lbs. (20)