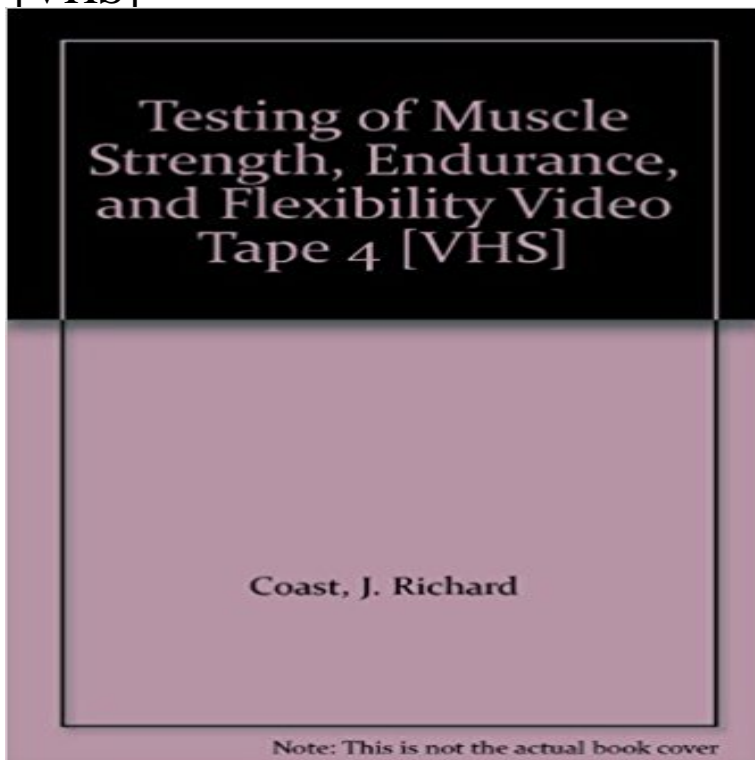


# Testing of Muscle Strength, Endurance, and Flexibility Video Tape 4 [VHS]



Muscle Strength, Endurance, and Flexibility (16 min., 23 sec.)		
Muscle Strength Tests		
Isometric Handgrip Test	1:24	
Testing Procedure	2:26	
Interpreting the Results	4:09	Bench
Press Maximum	5:11	
Testing Procedure	6:01	
Interpreting the Results	7:41	
Muscular Endurance Tests		
Flexed Leg Situps	8:47	
Testing Procedure	10:14	
Interpreting the Results	11:43	Joint
Flexibility Tests		
Reach Test	12:43	Sit and
Testing Procedure	13:21	
Interpreting the Results	14:27	

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