

Name: _____

Period: _____

Foot Plantar Flexors and Dorsiflexors

Exercise

2

1. Stand with your legs shoulder width apart. You will raise your heels and stand up on your toes. And then relax your heels back to the ground. (A calf raise)
2. You are to record the number of calf raises in your Data Table every 10 seconds, but you are NOT TO STOP between trials.
3. You will be performing this exercise without stopping for 100 seconds.
NEVER STOP EXERCISING. REALLY PUSH IT. DO NOT STOP BETWEEN TRIALS.

Person	10sec	20sec	30sec	40 sec	50 sec	60 sec	70 sec	80 sec	90 sec	100 sec

Exercise 3

Wall sit



Sit against the wall as shown in the picture. Be sure your legs are at a right angle to the wall and your back is flat against the wall. Have one person time you to see how long you can hold the correct position.

Person 1 _____	Person 2 _____.	Person 3 _____
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What did you observe about your time from trial 1 to trial 2?

Which muscle group(s) is/are being tested?

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Exercise 4
Book Hold



Hold a textbook straight out in front of you (at shoulder height) with your elbow locked out. One person should be the timer and should time how long you can hold the book parallel to the floor, even with your shoulder, and without bending your elbow.

Person 1 _____

Person 2 _____.

Person 3 _____

Conclusion

How did your squeezing hand and arm feel towards the end of your squeezing time period?

By looking at your results of your calf raises, pinpoint when you first had a lot of lactic acid buildup. How do you know?

Explain how resting for 10 minutes between trials would have affected your results. What would occur in the body?

Name: _____

Period: _____

Exercise 1

Exercise 2
