

FIG. 1

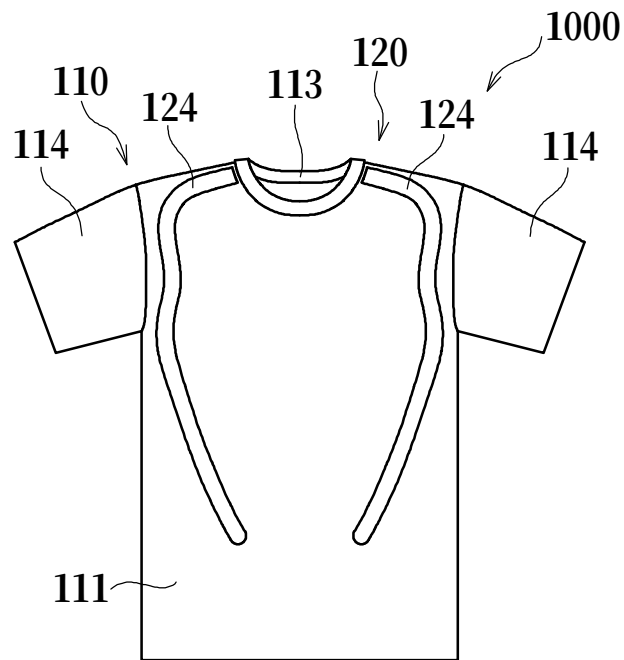


FIG. 2

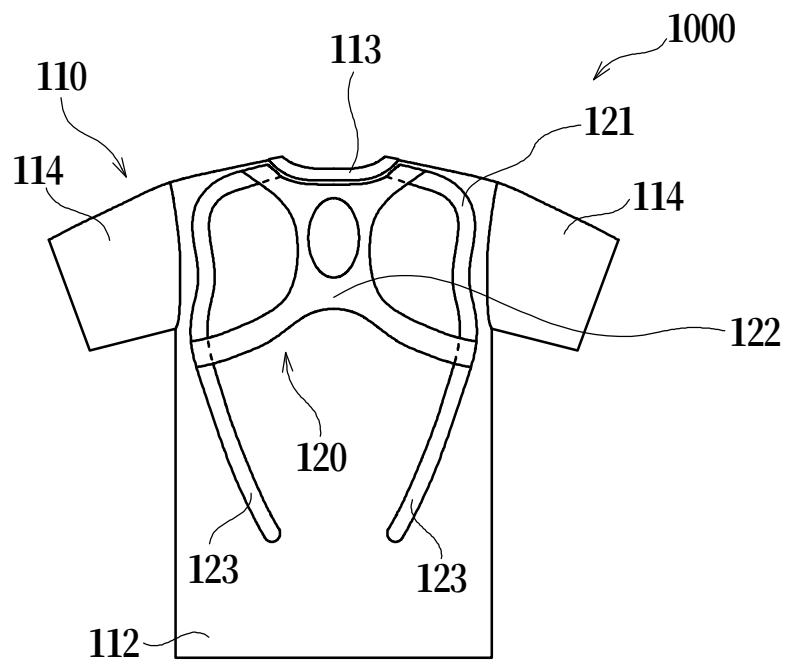


FIG. 3

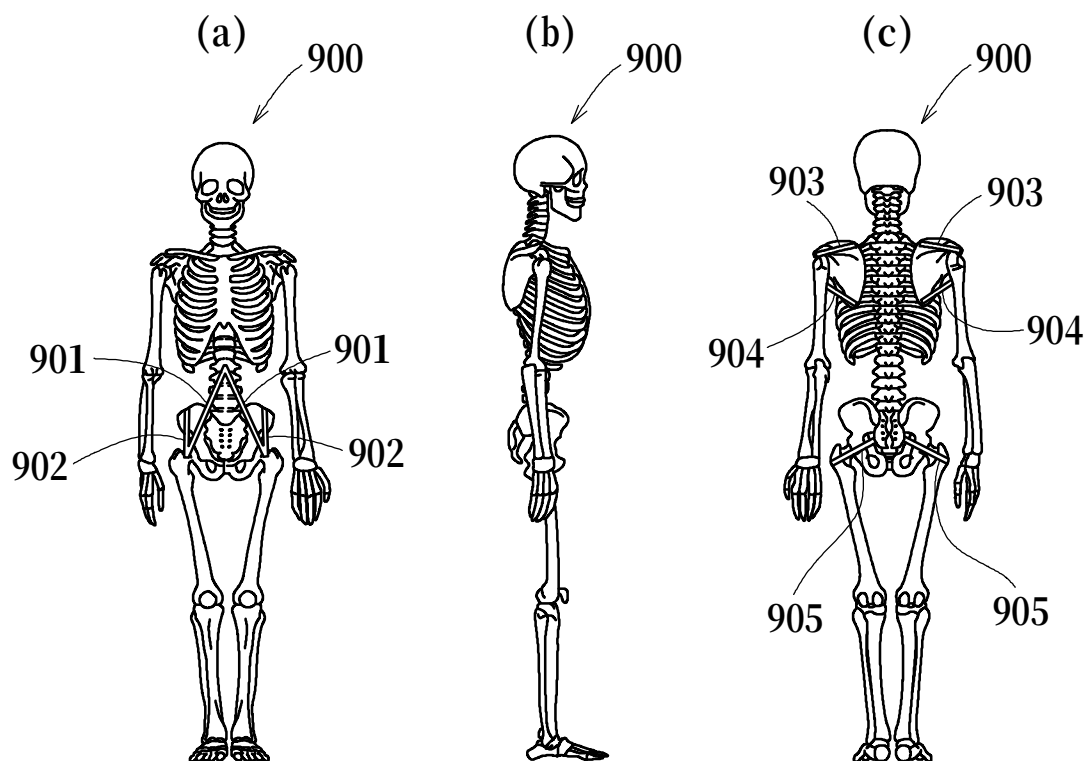


FIG. 4

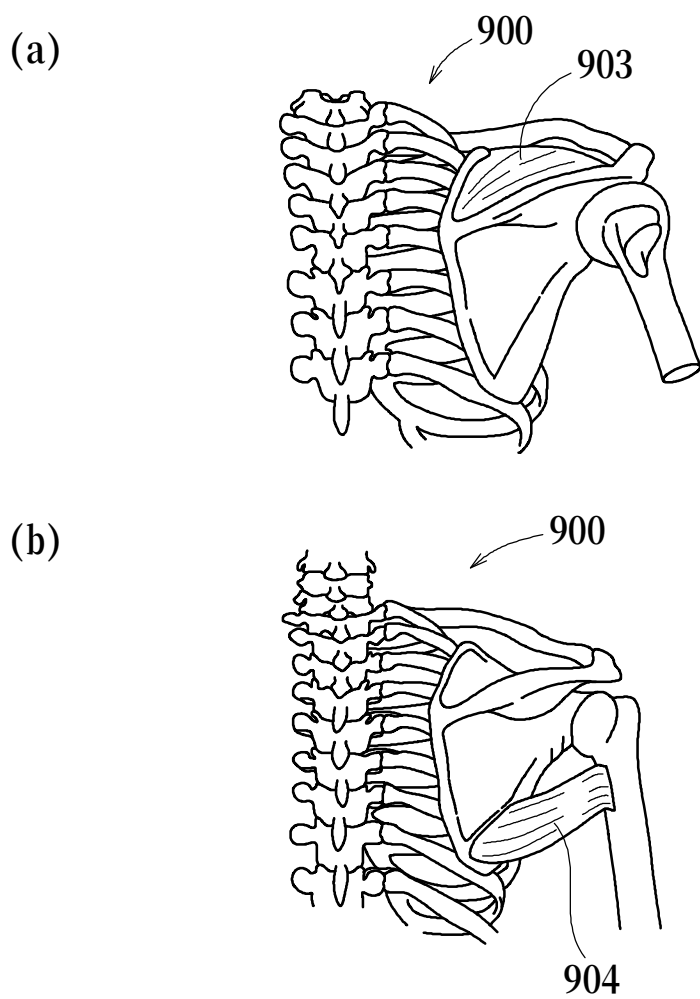


FIG. 5

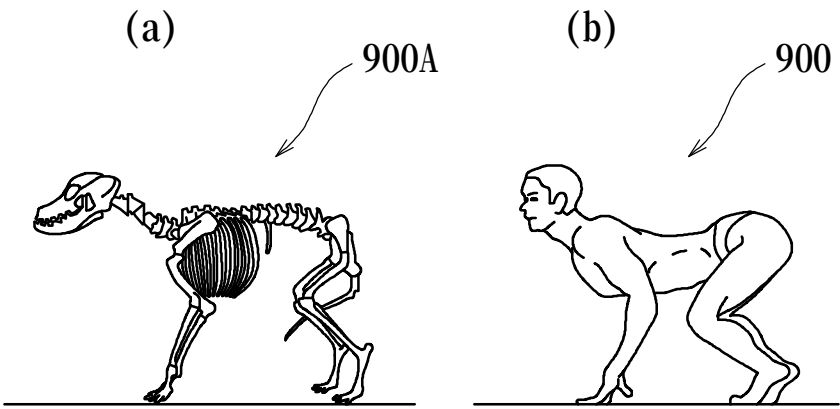


FIG. 6

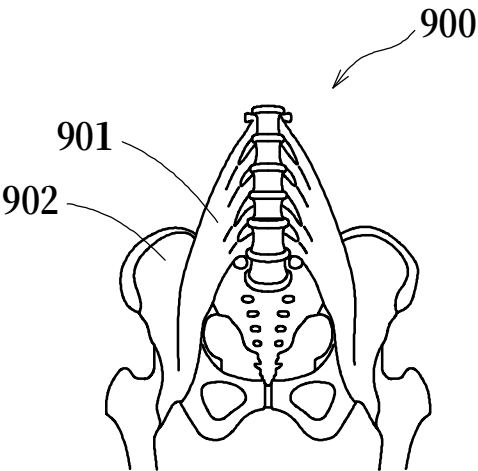


FIG. 7

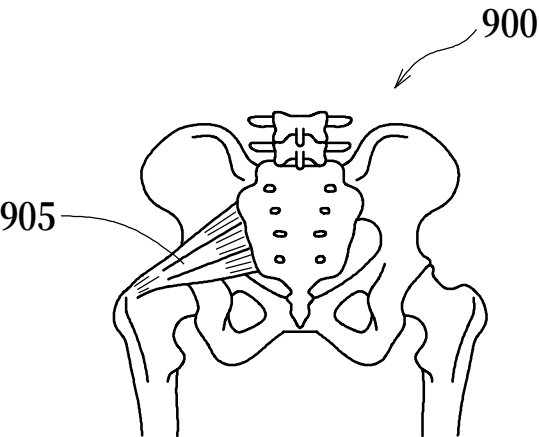


FIG. 8

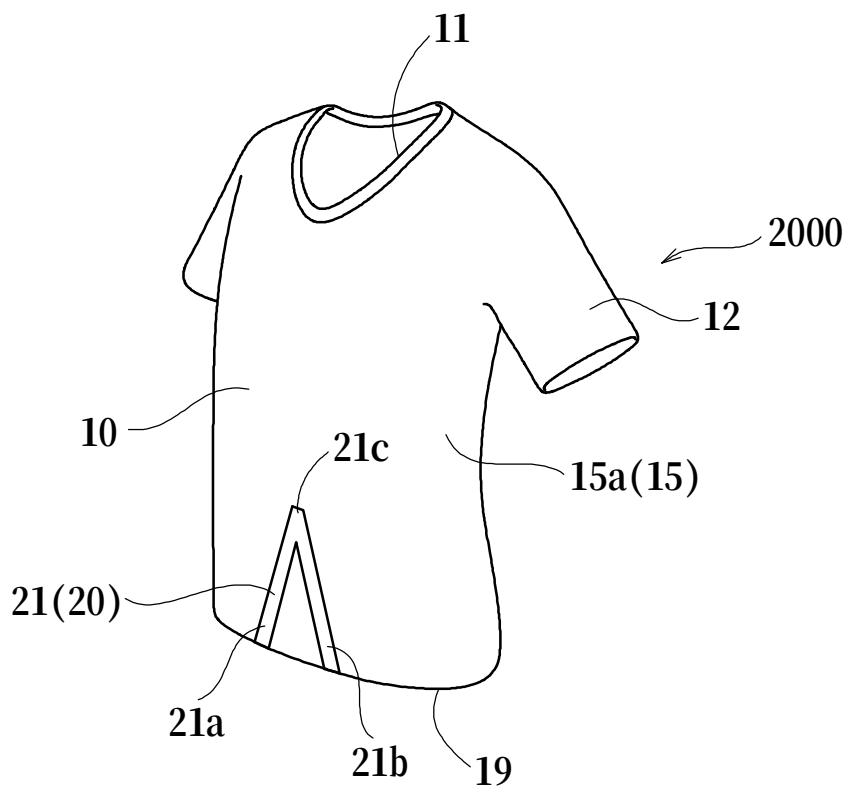


FIG. 9

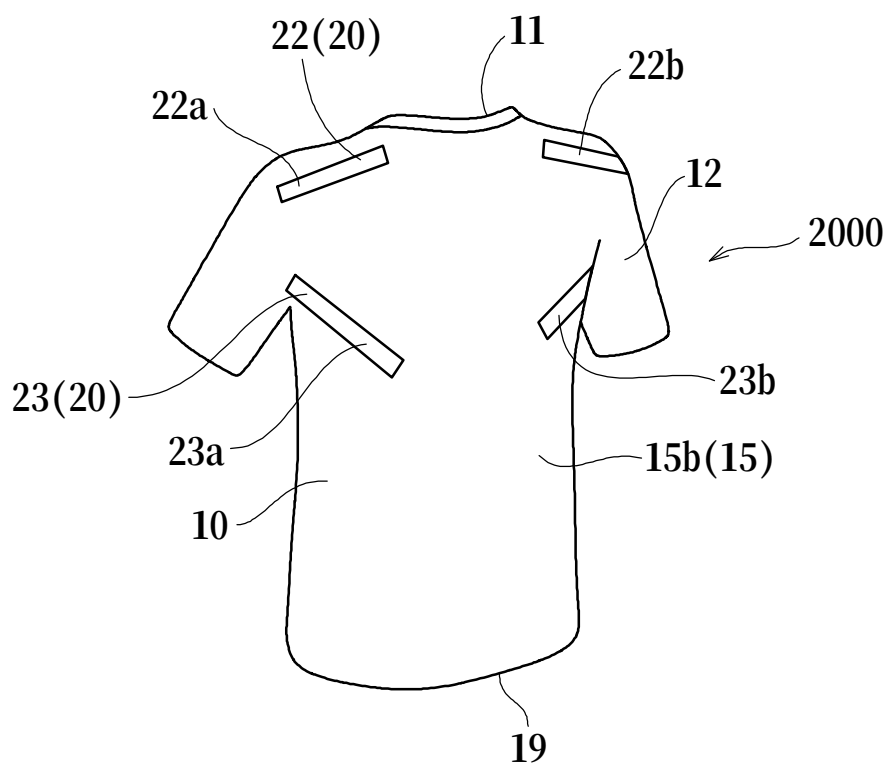


FIG. 10

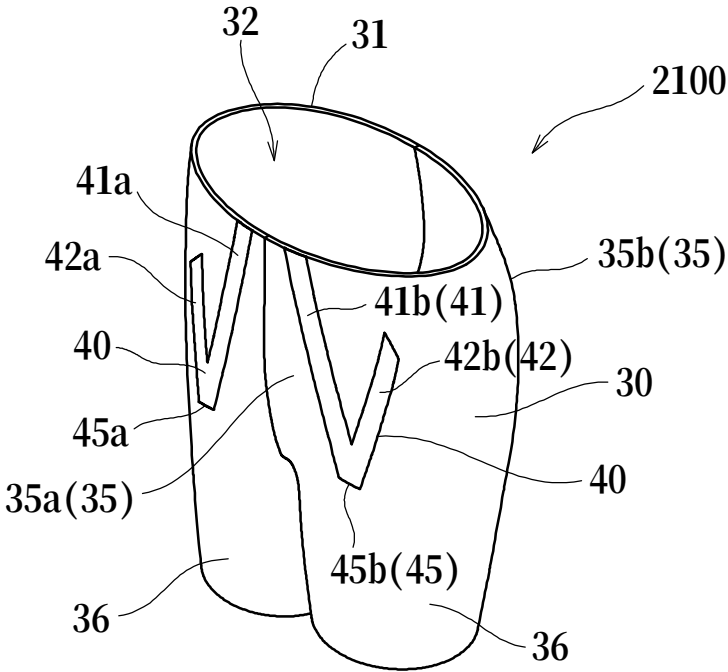


FIG. 11

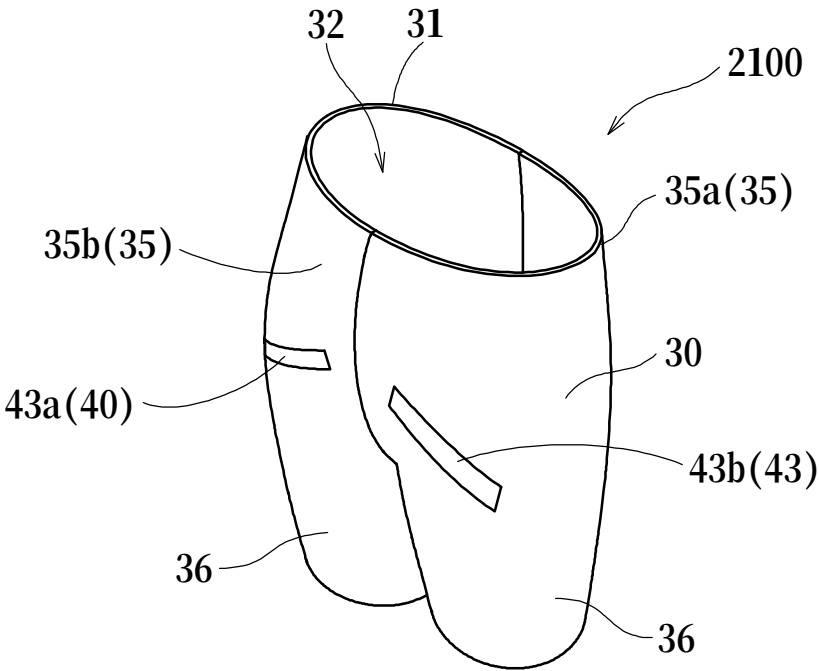


FIG. 12

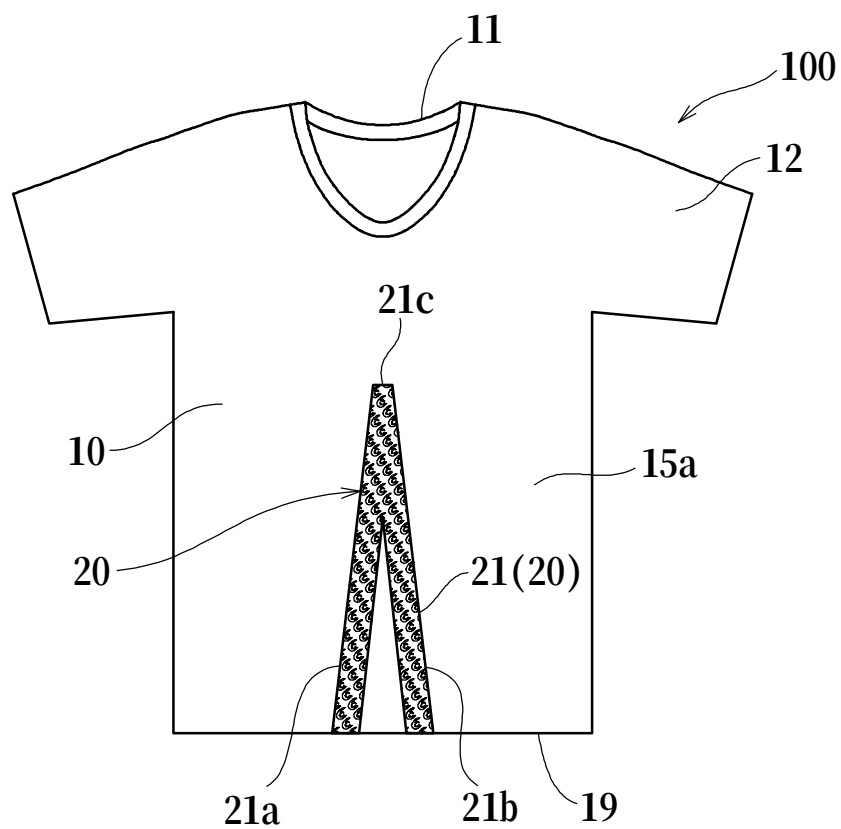


FIG. 13

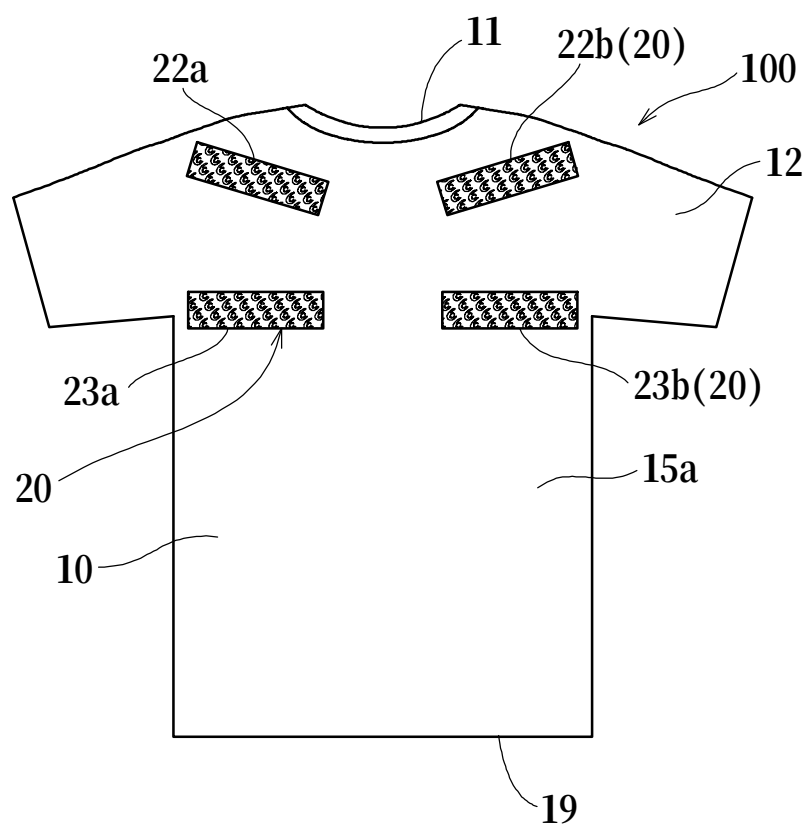


FIG. 14

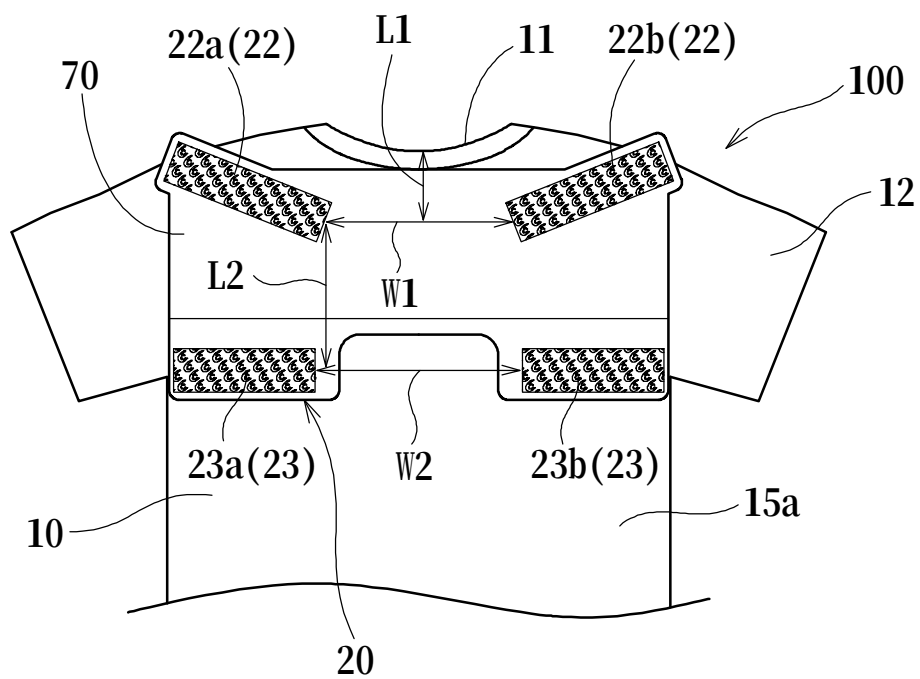


FIG. 15

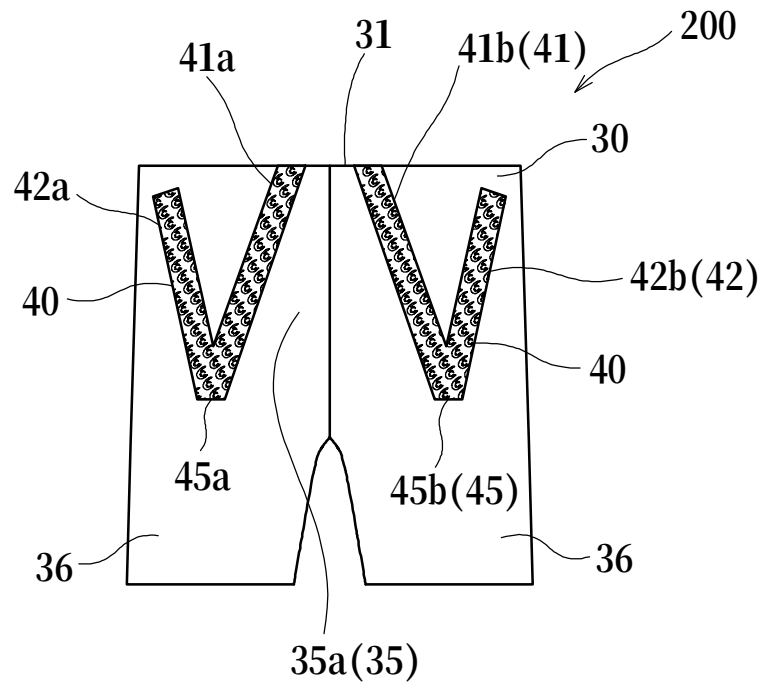


FIG. 16

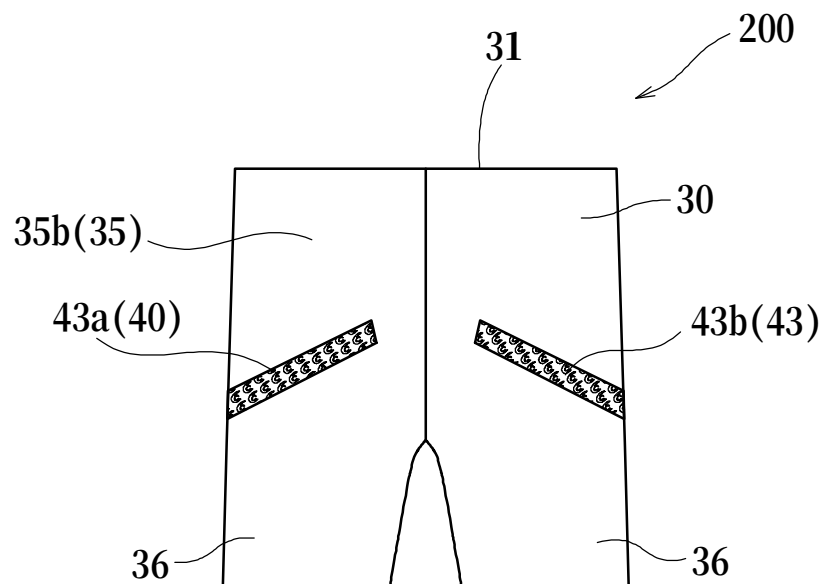
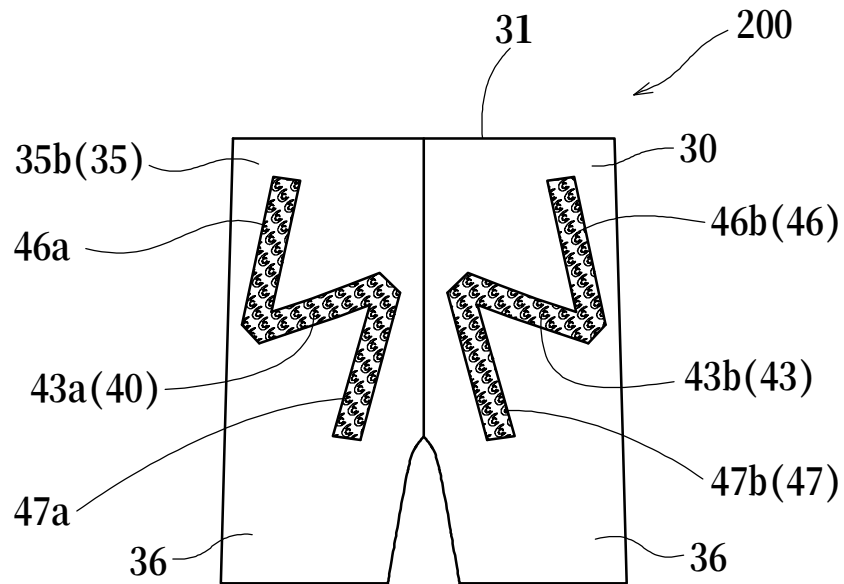


FIG. 17



Division	Age	Sex	Example 1 (units: kg)			Example 2 (units: kg)			Percent Gain
			Downward Press	Frontward Press	Backward Press	Downward Press	Frontward Press	Backward Press	
1	40s	female	9.0	30.8	25.7	8.25	31.2	39.05	16.6%
2	40s	female	4.6	23.0	18.2	8.5	29.45	36.7	38.6%
3	eighth-grader	male	7.0	22.6	34.9	8.4	38.0	41.1	26.3%
4	40s	male	14.3	44.7	51.7	18.6	53.0	53.0	11.2%
5	30s	male		37.7	38.4		53.0	53.0	28.2%
6	20s	female		37.8	25.4		48.6	38.6	27.5%
7	30s	male	18.0	40.4	45.7	17.0	53.0	53.0	15.4%
8	40s	female	9.2	27.5	25.8	8.6	30.25	28.95	7.8%
9	50s	female	9.2	28.7	28.5	9.75	39.3	36.7	22.6%
10	70s	male	10.6	38.4	35.2	8.55	45.0	42.0	11.9%
11	70s	male	11.2	32.8	29.6	12.9	51.3	39.7	29.2%
12	40s	female	9.2	25.9	22.9	12.1	41.5	40.8	38.6%
13	40s	male	10.7	33.5	43.2	15.5	53.0	53.0	28.1%
									Average Percent Gain
									23%

FIG. 19

Division	Age	Sex	Example 1 (units: kg)			Example 3 (units: kg)			Percent Gain
			Downward Press	Frontward Press	Backward Press	Downward Press	Frontward Press	Backward Press	
1	40s	female	9.0	30.8	25.7	9.1	35.6	29.6	13.4%
2	40s	female	4.6	23.0	18.2	8.1	32.1	35.2	64.6%
3	eighth-grader	male	7.0	22.6	34.9	7.2	39.1	44.1	40.2%
4	40s	male	14.3	44.7	51.7	17.6	55.0	55.0	15.3%
5	30s	male	18.0	40.4	45.7	21.5	49.3	55.0	20.8%
6	40s	female	9.2	27.5	25.8	9.8	34.6	26.1	12.8%
7	50s	male	9.2	28.7	28.5	8.1	33.5	34.1	14.0%
8	70s	female	10.6	38.4	35.2	12.3	47.1	42.2	20.7%
9	70s	female	11.2	32.8	29.6	11.1	39.2	42.7	26.4%
10	40s	male	9.2	25.9	22.9	9.6	39.0	39.2	51.4%
11	40s	male	10.7	33.5	43.2	15.9	50.7	48.3	31.5%
<i>t</i> -test						1.29918%	0.00097%	0.02580%	Average Percent Gain
Significant Difference						<5% yes	<0.1% yes	<0.1% yes	28.2%

FIG. 20

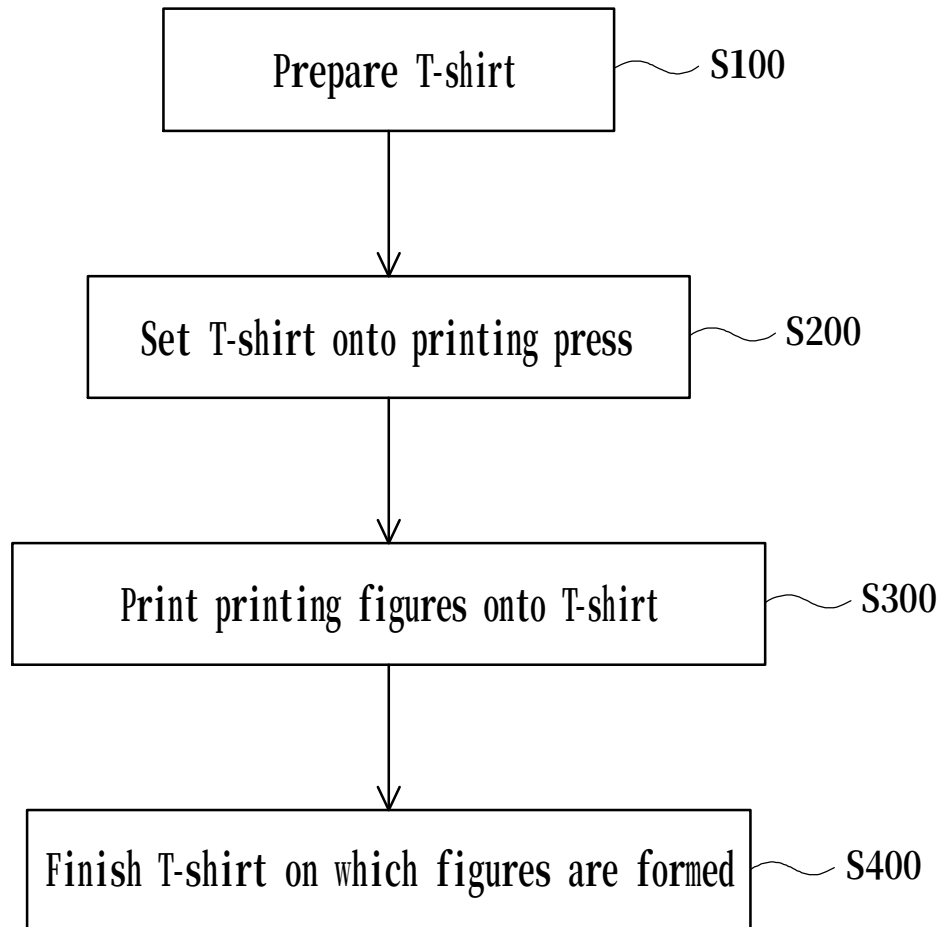


FIG. 21

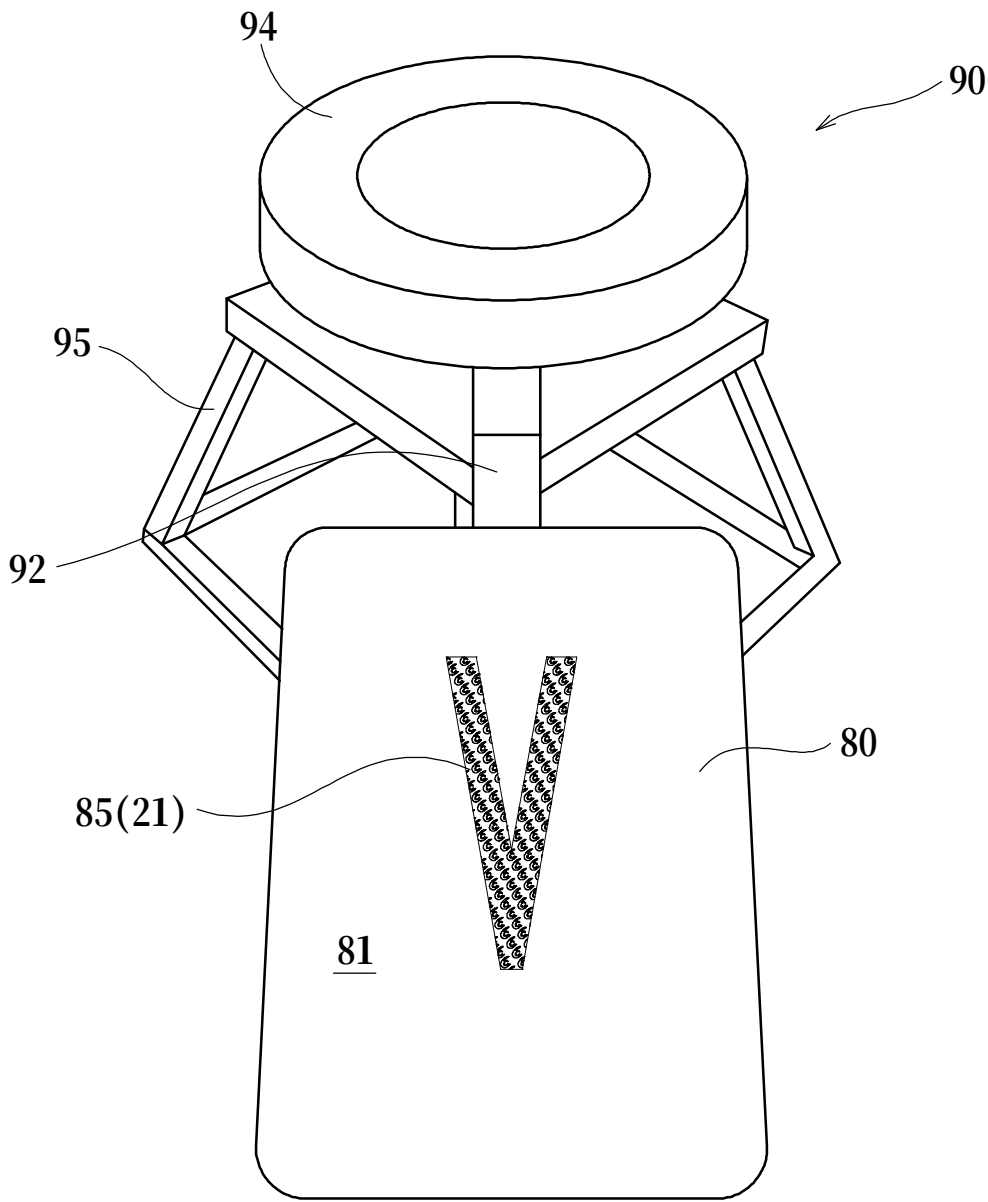


FIG. 22

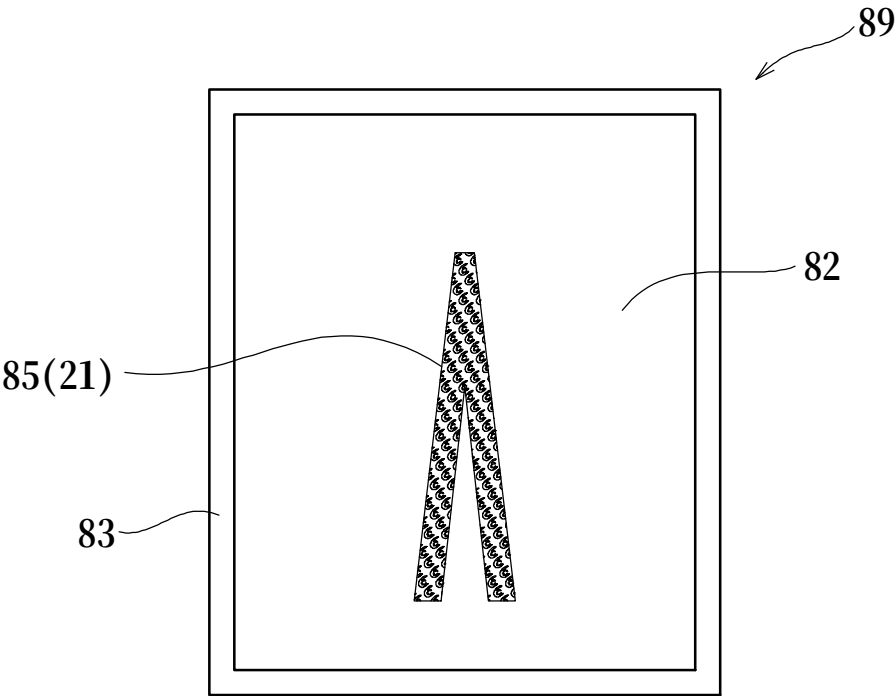


FIG. 23

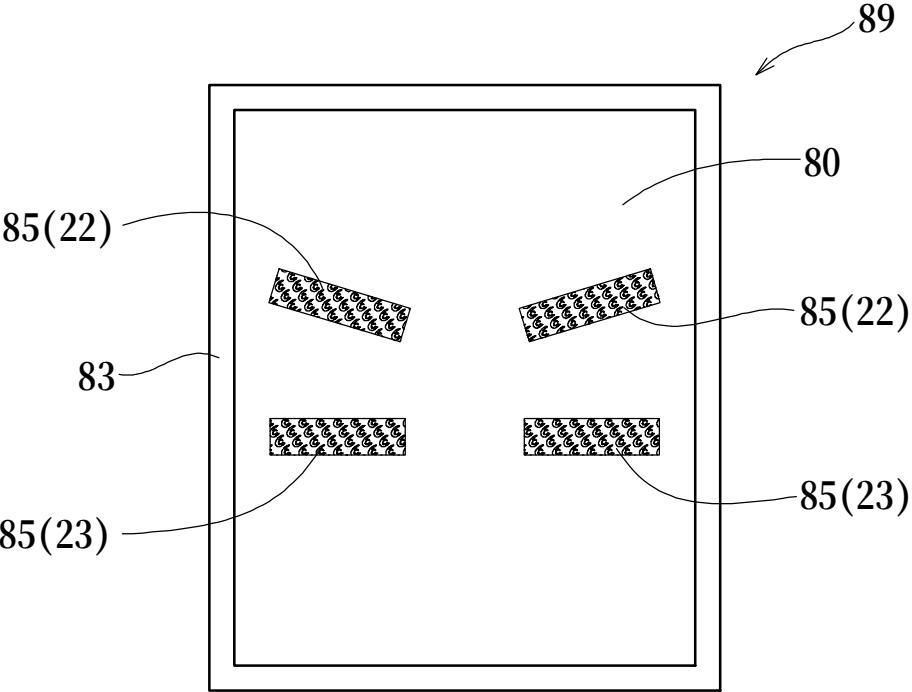


FIG. 24

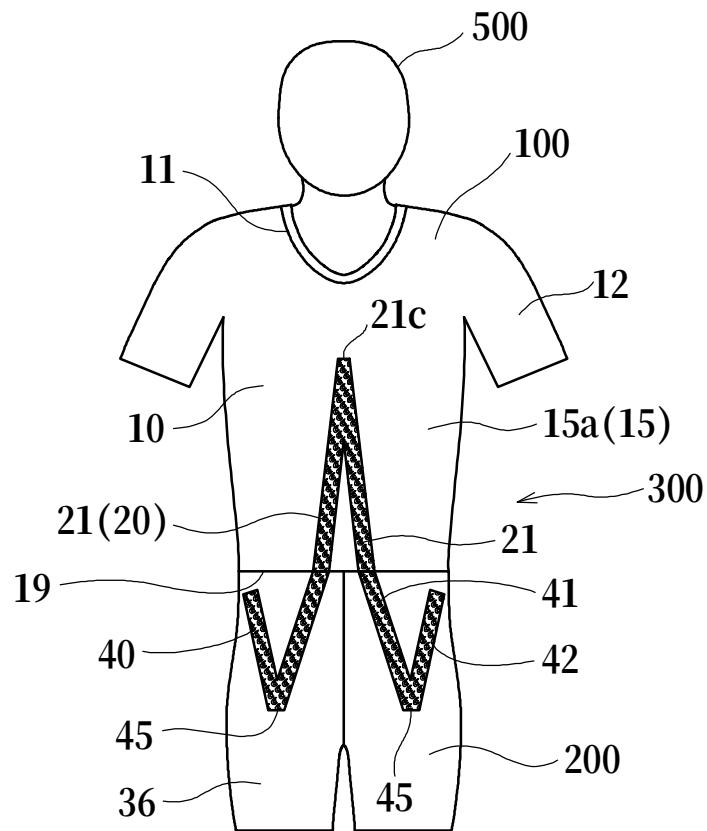


FIG. 25

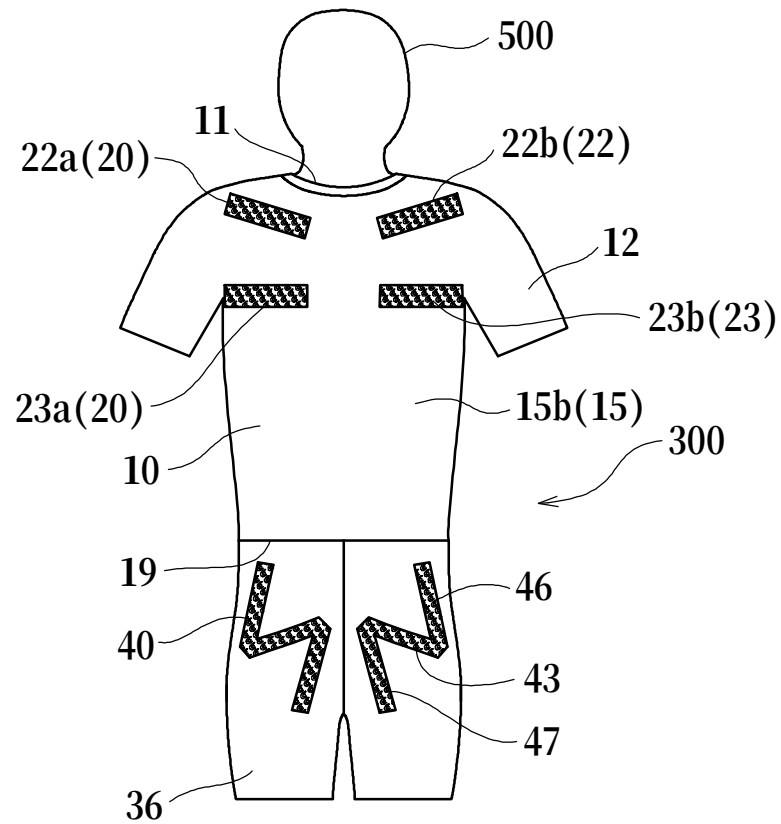


FIG. 26

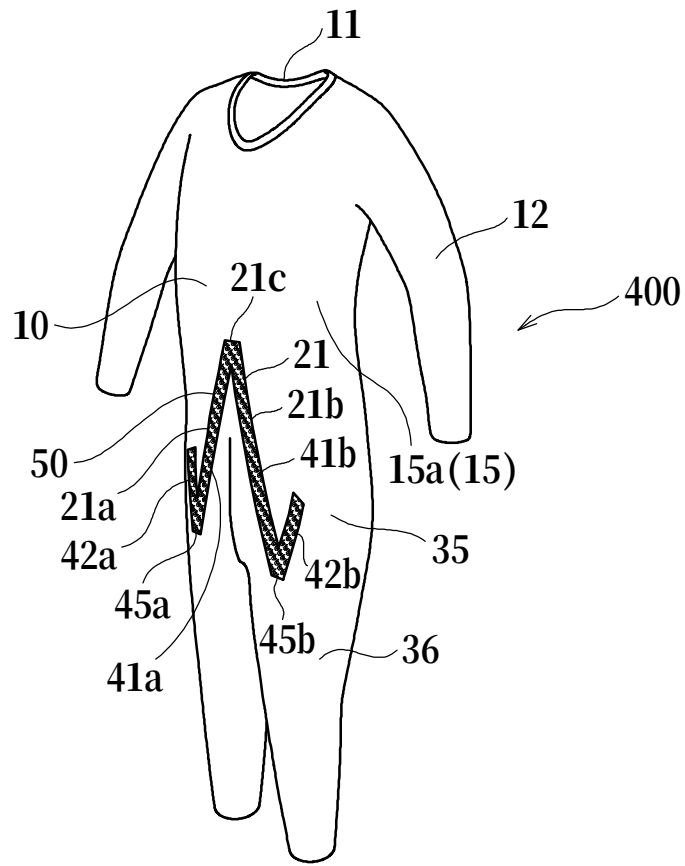


FIG. 27

