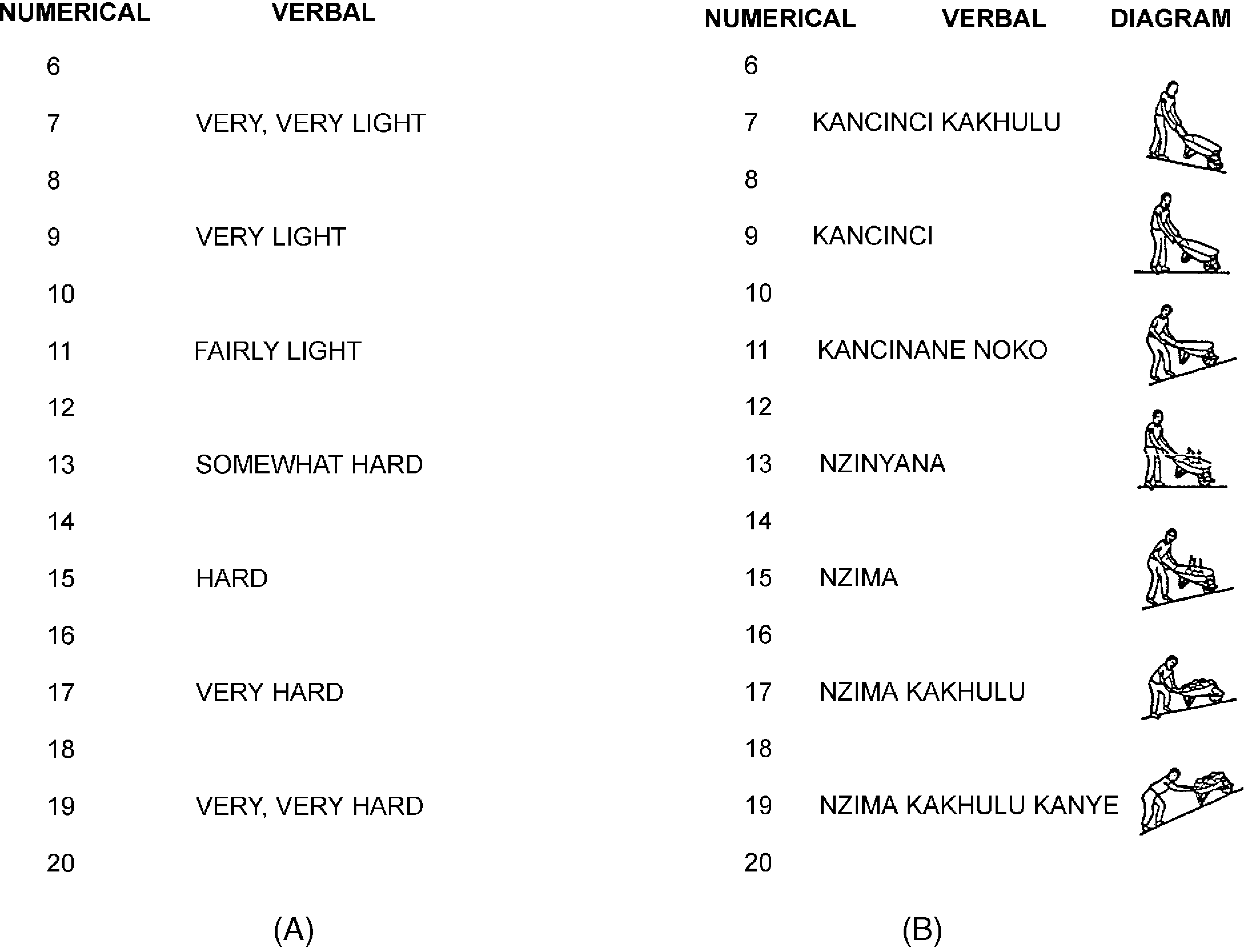
**Post-test Questionnaire**

1. Circle your average exertion during the previous trial on the scale below.



1. If you had physical symptoms at the beginning of testing, how did the warm-up affect these symptoms?
   1. Symptom A

* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms
  1. Symptom B
* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms
  1. Symptom C
* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms

1. Rate the overall effect of the warm-up compared to your expectations.

* More negative effect than expected
* Same effect as expected
* More positive effect than expected