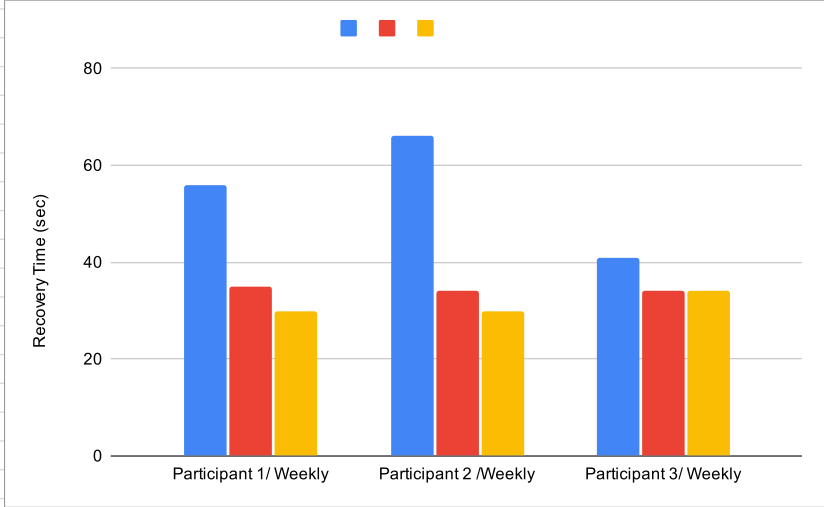


Recovery Time Improvement (sec)

January 19 (baseline)     January 26     February 9

Participant 1/ Weekly  
Participant 2 /Weekly  
Participant 3/ Weekly



	First week	Overall
	% Improvement	
Participants age group: early 20's	19.60%	22.20%
Blue-Baseline	22.40%	22.60%
Red- after 7 days	13.90%	13.90%
Yellow- after 14 days		