

Name: \_\_\_\_\_

## Biceps

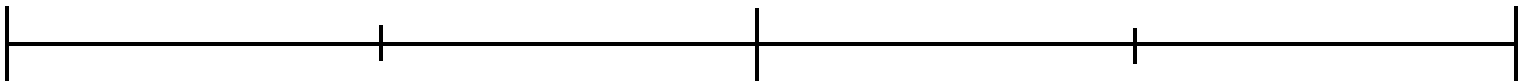
Rank from 1 to 4 with 1 being the most preferred instructions and 4 being the least preferred instructions.

|  |                                                                                                                                                                            |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Internal:</b> When you attempt to produce as much force as you as you possibly can, I want you to focus on contracting your arm muscles as hard and as fast as you can. |
|  | <b>External:</b> When you attempt to produce as much force as you possibly can, I want you to focus on pulling the strap as hard and as fast as you can.                   |
|  | <b>Control:</b> attempt to produce as much force as you as you possibly can.                                                                                               |
|  | <b>Mirror:</b> attempt to produce as much force as you as you possibly can while looking at yourself in the mirror.                                                        |

Where did you perceive the mirror instructions to be relative to “Internal” or “External”

External

Internal



## Jumps

Rank from 1 to 4 with 1 being the most preferred instructions and 4 being the least preferred instructions.

|  |                                                                                                                                                               |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Internal:</b> When you attempt to jump as high as you possibly can, I want you to focus on extending your legs as hard and as fast as you can.             |
|  | <b>External:</b> When you attempt to jump as high as you possibly can, I want you to focus on pushing off the ground as hard and as fast as you possibly can. |
|  | <b>Control:</b> attempt to jump as high as you possibly can.                                                                                                  |
|  | <b>Mirror:</b> attempt to jump as high as you possibly can while looking at yourself in the mirror.                                                           |

Where did you perceive the mirror instructions to be relative to “Internal” or “External”

External

Internal

