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| **D:\mohsen\semnan 391-2\arm_2748.gifNeed Analysis**  |
| **Date: 13.03.92** | **Gender: Male** | **Age: 20** | **last name:**  | **Name:**  |
| **Email:**  | **Position: …….** | **Sport:**  |
| **O2 (>3 min)** | **LA-O2(10-120)** | **ATP-CP+ LA (3-10)** | **ATP-CP (<3 Sec)** | **Metabolic demand (%)** |
|  |  |  | \* |
| **exercise** | **muscle** | **ROM** | **contraction** | **joint** | **Action** | **Biomechanical demand** |
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| exercise | Common site | Mechanism  | Contact/noncontact | Body system | **Injury risk** |
|  |  |  |  |  |  |
| muscle | speed | ROM | contraction | exercise | injury | **Recovery from injury** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |