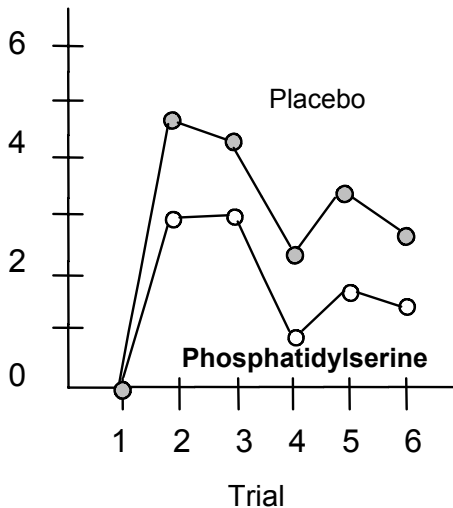


Muscle Soreness Index



Muscle Soreness Index

10: Extremely sore; severely debilitated

8: Very sore, interferes with daily activities

6: Sore; very uncomfortable

4: Sore; but doesn't interfere with activities

2: Minor soreness

0: No soreness