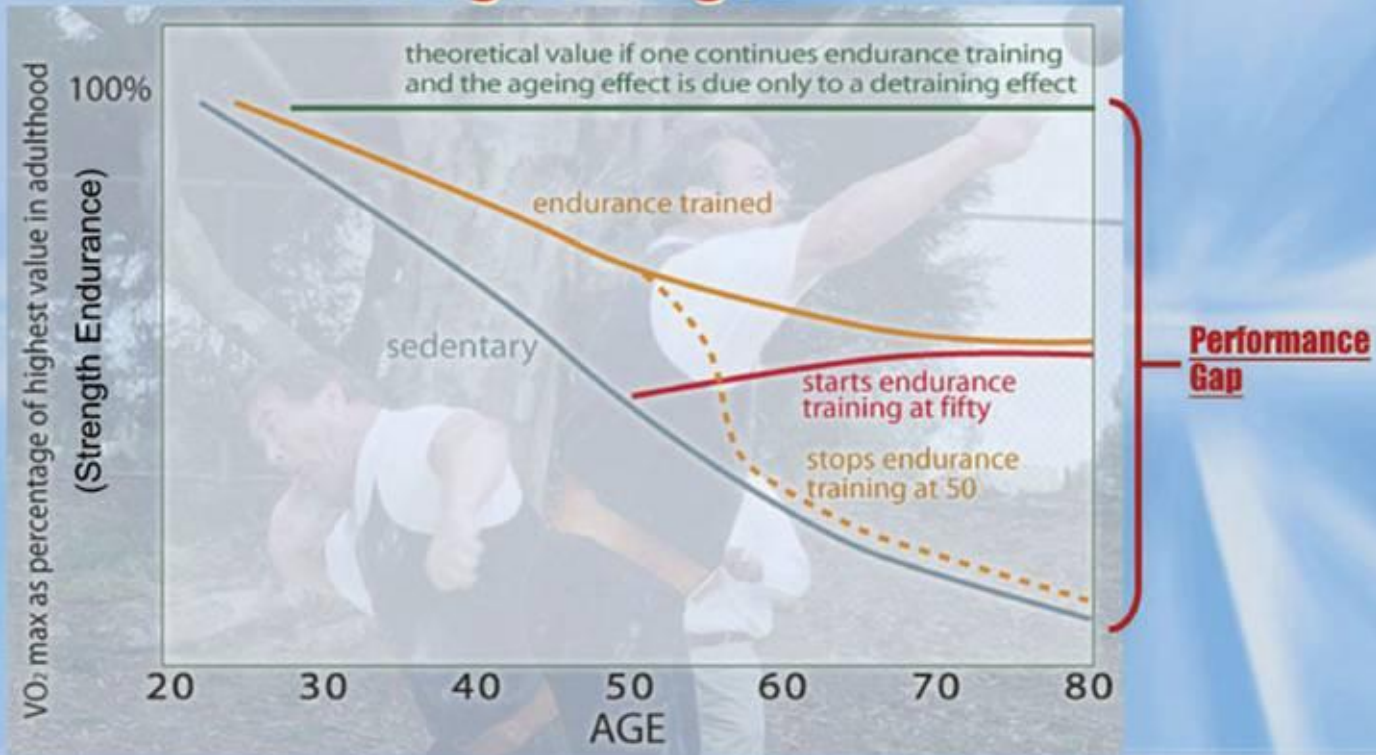


The Choice is Yours: Performance Age Changes



Modified from The Biological Foundations of Human Movement
Abernethy et al, Human Kinetics, p. 239, (1997)

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