## Comparison of Range of Motion After Aquatic vs Land Exercises on Young Adult Men

Miranda Gibel and Sam Lawler

## School of Exercise and Nutrition Sciences

## **Honors Research Project**

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| Renee M. DeSalvo Reader (signed) Renee M. DeSalvo Reader (printed)  Melissa Dreisbach Reader (signed)  Melissa Dreisbach Reader (printed) | Date:  4-20-2021 School Director (signed)  Judith A. Juvancic-Heltzel School Director (printed) |