

## Muscle Fatigue Lab

### Purpose:

To determine how long it takes for your muscles to become tired and full of lactic acid.

### Materials:

A partner  
A tennis ball  
A clock or watch  
Graph paper  
Pencil/Pen

### Procedure:

You will be assigned a partner. Each person will have one job. After you and your partner have finished, switch jobs with each other.

#### Job: *Squeezer*

1. Grasp the tennis ball in your non-writing hand.
2. Squeeze the tennis ball without stopping. Only stop when your partner is finished counting. NEVER STOP SQUEEZING.

#### Job: *Counter*

1. As the squeezer is squeezing the tennis balls, count the number of squeezes in 10 seconds
2. Write that number in the table below beside number 1.
3. Count the number of squeezes for the next 10 seconds.
4. Repeat 1-3 until the table is complete.

### Results:

Counts	Number of Squeezes	Counts	Number of Squeezes
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

Once the table is complete, create a line graph of your results.

