

Physical characteristics and performance

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In the August 2008 Slowinski at-large, Physical characteristics and performance on long & short oil patterns, I analyze the physiological characteristics of bowlers and their performance on short and long oil lane patterns at a major international championship event. Using bowler data, I compared scoring performances on the short and long patterns at the 2006 Asian Games. included beep test performance, grip test on dominant bowling hand, body fat percentage, BMI, height, max crunch, max pull-ups as well as sit and reach flexibility data.

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