

Finding Angles in Regular Polygons



Section A

- 1) Find the size of each interior angle in a regular hexagon.
- 2) Find the size of each interior angle in a regular nonagon.
- 3) Find the size of each exterior angle in a regular dodecagon.
- 4) Write an expression for the sum of the interior angles in a polygon with n sides.
- 5) Write an expression for the size of each interior angle in a polygon with n sides.
- 6) Write an expression for the size of each exterior angle in a polygon with n sides.

Section B

Find the angles indicated. Each question contains one or more regular polygon.

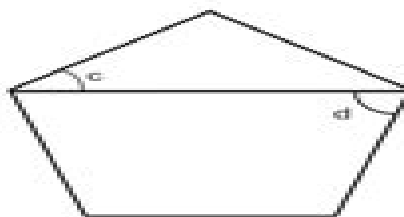
1)



$$a = \underline{\hspace{2cm}}$$

$$b = \underline{\hspace{2cm}}$$

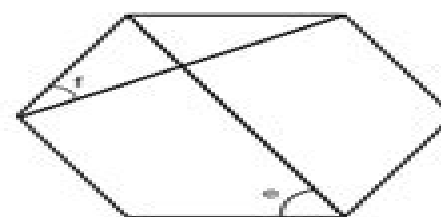
2)



$$c = \underline{\hspace{2cm}}$$

$$d = \underline{\hspace{2cm}}$$

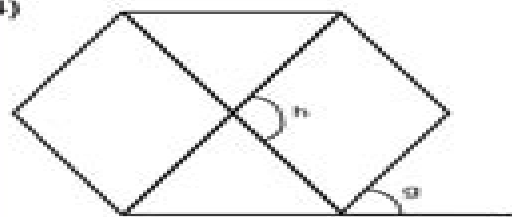
3)



$$e = \underline{\hspace{2cm}}$$

$$f = \underline{\hspace{2cm}}$$

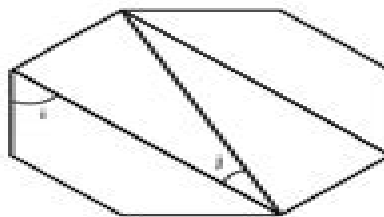
4)



$$g = \underline{\hspace{2cm}}$$

$$h = \underline{\hspace{2cm}}$$

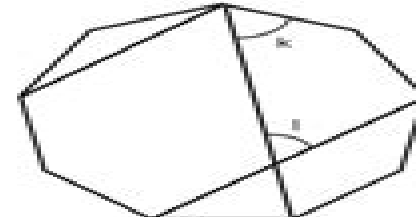
5)



$$i = \underline{\hspace{2cm}}$$

$$j = \underline{\hspace{2cm}}$$

6)



$$k = \underline{\hspace{2cm}}$$

$$l = \underline{\hspace{2cm}}$$

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web upper extremity theraband exercises seated in wheelchair slowly complete each exercise do not let the theraband snap back slowly return to the starting position 1 chest pull hold one end of the theraband with each hand at chest level slowly pull the ends of the theraband away from each other 2 external rotation

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times

page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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