***Heart Rate Activity***

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Find and record your heart rate.

    Take pulse for 10 seconds and multiply by 6

     OR Download Instant Heart Rate App (free) on your phone

**= beats per minute (BPM)**

1. Complete the following activities and record your heart rate.
   1. Arm circles (30 seconds) - **\_\_\_\_\_\_**
   2. Push-ups (20 reps) - **\_\_\_\_\_\_\_**
   3. Speed Walking/Jog (2 minutes)- **\_\_\_\_\_\_\_**
2. Figure your maximum heart rate using this equation

* *220- your age = maximum heart rate*  **Answer here = \_\_\_\_\_\_\_\_\_\_**

1. Figure your target heart rate for ***MODERATE*** exercise intensity using this equation.

* *Moderate exercise intensity is 50-70% of max HR*

**Max HR x .5 =     \_\_\_\_\_     Max HR x .7 = \_\_\_\_\_\_\_\_**

* 1. Figure your target heart rate for ***VIGOROUS*** exercise intensity using this equation.
* *Vigorous exercise intensity is 70-85% of max HR*

**Max HR x .7 =    \_\_\_\_\_       Max HR x .85 =     \_\_\_\_\_**

1. Complete the following activities and record your heart rate

***Choose 3 of the following activities***

* 1. Squats (20 on/10 second rest for 2 minutes)-  \_\_\_\_
  2. Jog/brisk walk around track (4 laps) - \_\_\_\_\_\_
  3. Step Ups (2 minutes) - \_\_\_\_\_\_
  4. Planks (20 on/10 second rest for 2 minutes) -  \_\_\_\_\_\_
  5. Crunches/ Sit-ups (20 on/10 second rest for 2 minutes) - \_\_\_\_\_
  6. Shoulder Press (20 on/10 second rest for 2 minutes) - \_\_\_\_\_

1. Which exercises did you workout in the **MODERATE** exercise intensity?

Which exercises did you workout in the **VIGOROUS** exercise intensity?