

Activity: pg4

- *Upper-Right:* Name and Date
- *Title:* Heart-Rate and Fitness
- *Format:* Divide the paper in half (top/bottom)

Pg4 Activity (top half)

(1) Heart-rate

- Find your pulse, and identify your bpm (don't forget to label)

(2) Maximum Heart-Rate

- Subtract your age from 220 (show your work and label your answer)

(3) Target Heart-Rate Zone

- Multiply your mhr by .60 (label)
- Multiply your mhr by .85 (label)
- State your targeted zone (label)

(1) Heart-rate

- _____ bpm

(2) Maximum Heart-Rate

- 220 bpm - ___ bpm = ___ bpm

(3) Target Heart-Rate Zone

- ___ bpm x .60 = ___ bpm
- ___ bpm x .85 = ___ bpm
- ___ bpm - ___ bpm

Pg4 (bottom): write down the FITT Formula for one of the following...

**Cardiovascular Endurance,
Developing Muscles,
Increasing Flexibility.**

Use TB pgs 137-138 for assistance.