

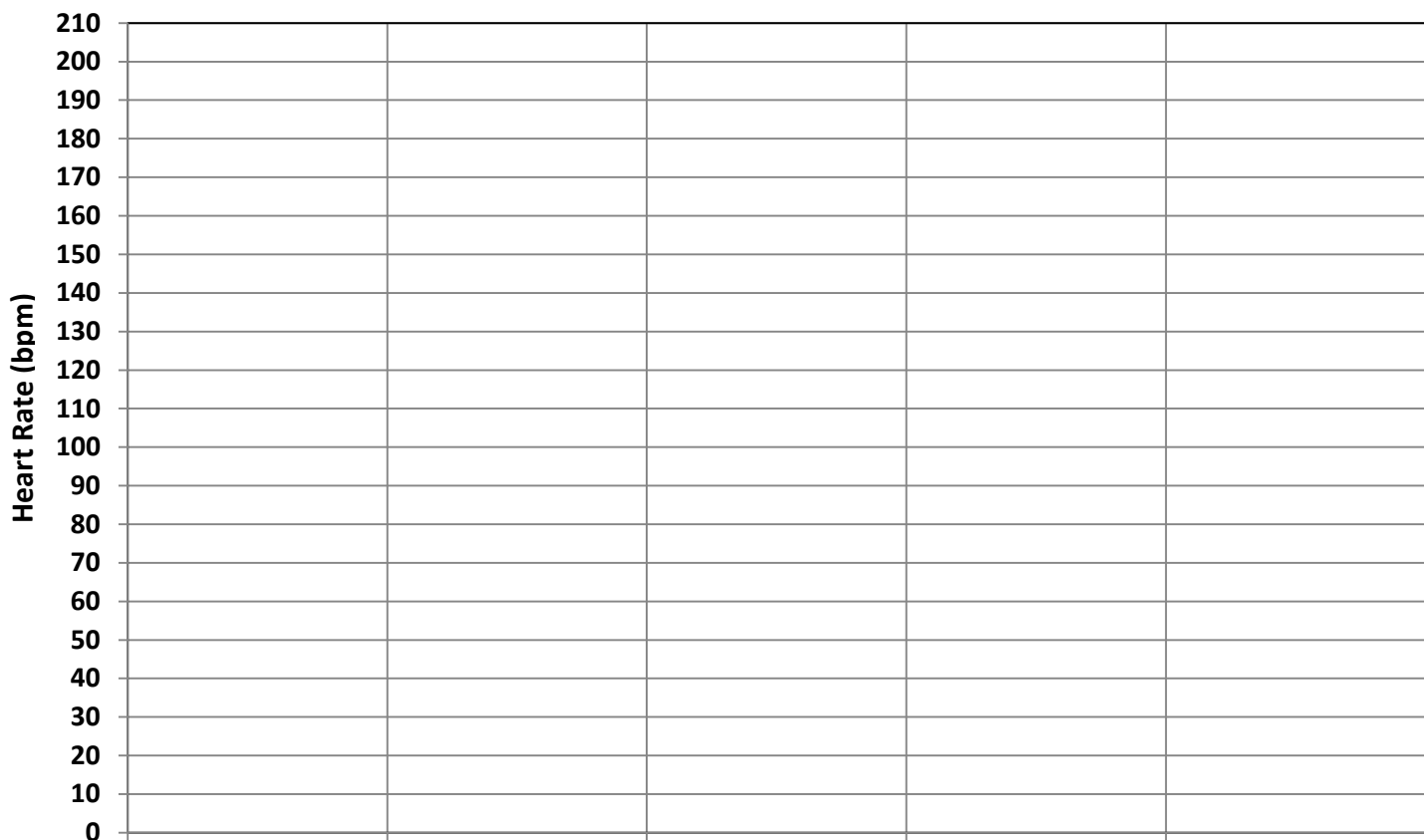
Name:

# Heart Rate & Recovery Rate

What happens to our heart rate during and after exercise?

In the following table record your heart rate (HR) results and then plot the results on the graph below:

	Resting HR	Stage 1	Stage 2	Stage 3	HR 5m After Exercise
Heart Rate (bpm)					



Resting HR                      Stage 1                      Stage 2                      Stage 3                      HR 5m After Exercise

Three large empty rectangular boxes are provided below the graph, each connected by a line to a bracket above it. The first bracket spans the 'Resting HR' and 'Stage 1' sections. The second bracket spans the 'Stage 2' and 'Stage 3' sections. The third bracket spans the 'HR 5m After Exercise' section.