**Cardio Graph Worksheet**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **PER**: \_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_

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| **H**  **E**  **A**  **R**  **T**  **R**  **A**  **T**  **E** | **220** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **210** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **190** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **180** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **170** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **160** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **140** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **130** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **120** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **110** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **90** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **80** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **70** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **60** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Bpm

**Resting Warm-up Push ups Skaters Squat jumps Plank/knee Burpees Cool down**

**HR touches**

**Heart rate “HR”-** refers to the speed of the heartbeat, specifically the number of heart beats per unit of time. The heart rate is typically expressed as beats per minute (bpm). The heart rate can vary according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide. Heart rate is measured by finding the pulse of the heart. This pulse rate can be found at any point on the body where the artery's pulsation is transmitted to the surface by pressuring it with the index and middle fingers; NEVER use the thumb to check your pulse. The **carotid pulse** (neck) and the **radial pulse** (wrist) are the most common places to find your heart rate. **Resting heart rate** is measured while the subject is relaxed but awake. The typical resting heart rate for teens is 60–100 beats per minute (bpm). **Target Heart Rate** or Training Heart Rate (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout.

How did exercise affect your heart rate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Find your Target Heart Rate (THR):**

220 **-**­­­\_\_\_\_\_ **=** \_\_\_\_\_\_ **=** Maximum Heart Rate (MHR)

(age) MHR

**moderate-intensity physical activity: vigorous-intensity physical activity:**

\_\_\_\_\_\_ **x** .50 **=** \_\_\_\_\_\_\_ **=** lower end of THR \_\_\_\_\_\_ x .70 = \_\_\_\_\_\_ lower end of THR

MHR MHR

\_\_\_\_\_\_\_ **x** .70 **=** \_\_\_\_\_\_\_ **=** higher end of THR \_\_\_\_\_\_ x .85 = \_\_\_\_\_\_ higher end of THR

MHR MHR

My target heart rate range is between \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_.

lower end higher end



**Heart rate** refers to the speed of the heartbeat, specifically the number of heartbeats per unit of time. The heart rate is typically expressed as beats per minute (bpm). The heart rate can vary according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide. Activities that can provoke change include physical exercise, sleep, anxiety, stress, illness, ingesting, and drugs.

The normal human heart rate ranges from 60–100 bpm. Bradycardia refers to a slow heart rate, defined as below 60 bpm. Tachycardia refers to a fast heart rate, defined as above 100 bpm at rest. When the heart is not beating in a regular pattern, this is referred to as an arrhythmia. These abnormalities of heart rate sometimes, but not always, indicate disease.

Heart rate is measured by finding the pulse of the heart. This pulse rate can be found at any point on the body where the artery's pulsation is transmitted to the surface by pressuring it with the index and middle fingers; often it is compressed against an underlying structure like bone. (A good area is on the neck, under the corner of the jaw.)

Resting heart rate (HRrest) is measured while the subject is relaxed but awake, in a neutrally temperate environment, and not having recently exerted himself or herself nor having been subject to a stress or even a surprise (for example the simple noise of a doorbell can augment the heart rate and blood pressure). The typical resting heart rate in adults is 60–80 beats per minute (bpm). For endurance athletes at the elite level, it is not unusual to have a resting heart rate between 33 and 50.

**TARGET HEART RATE**

For healthy persons, the Target Heart Rate or Training Heart Rate (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. This theoretical range varies based mostly on age; however, a person's physical condition, sex, and previous training also are used in the calculation. Below are two ways to calculate one's THR. In each of these methods, there is an element called "intensity" which is expressed as a percentage. The THR can be calculated as a range of 65–85% intensity. However, it is crucial to derive an accurate HRmax to ensure these calculations are meaningful (see above).

Example for someone with a HRmax of 180 (age 40, estimating HRmax As 220 − age):

65% Intensity: (220 − (age = 40)) × 0.65 → 117 bpm 85% Intensity: (220 − (age = 40)) × 0.85 → 153 bpm

