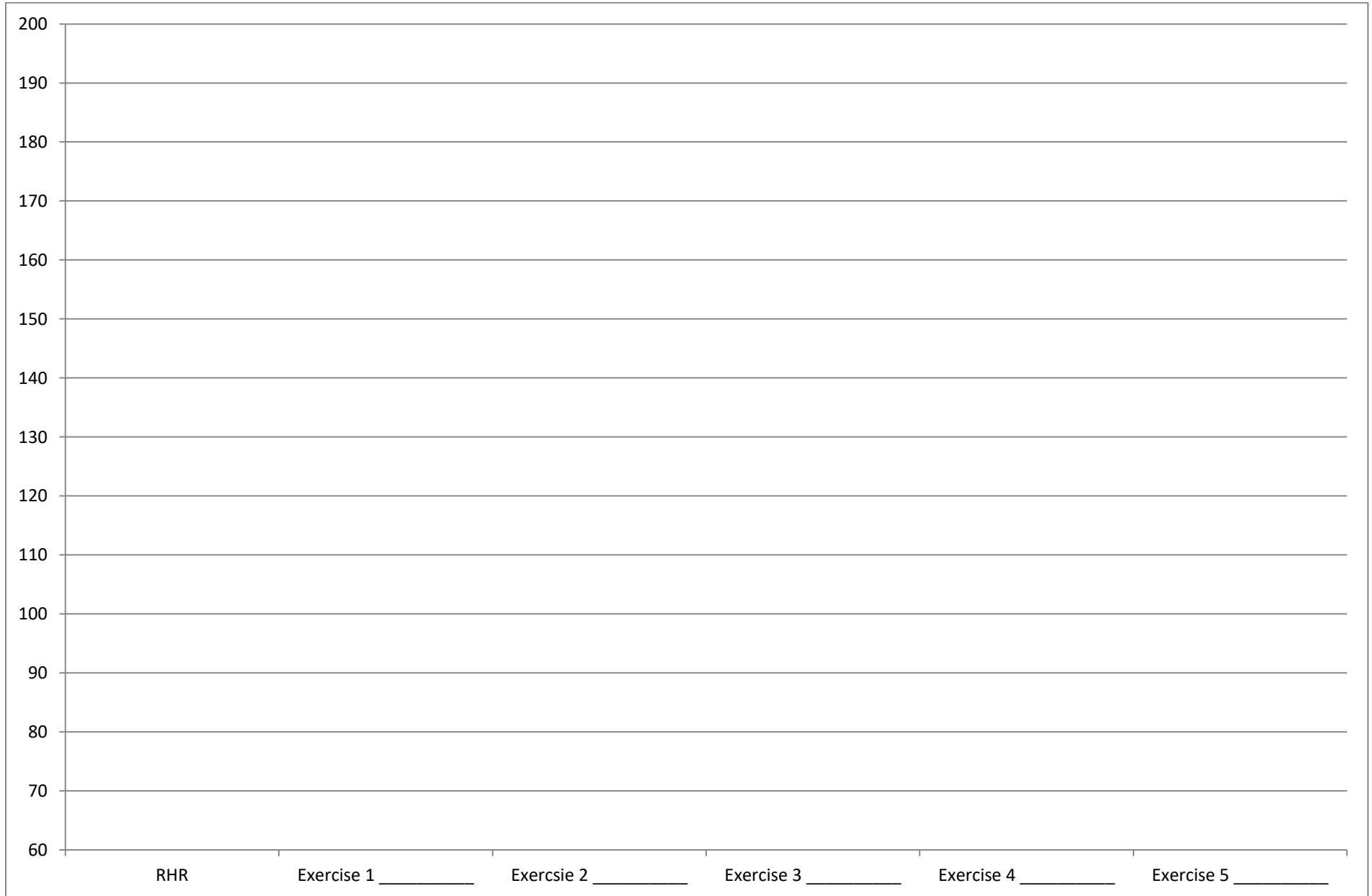


Name: \_\_\_\_\_

## HEART RATE LAB



### **Heart Rate Pre-Lab Questions & Directions**

1. Before you begin, check your resting heart rate and graph it
2. Before you begin, shade in your THRZ on the graph
3. Before you begin, write down your 5 different exercises on the graph
4. Before you begin, which exercise do you think will increase your heart rate the most and why?
  
5. Before you begin, which exercise do you think will keep your heart rate the lowest and why?

### **Heart Rate During Lab Directions**

6. After you complete each exercise, take your heart rate and graph it

### **Heart Rate Post-Lab Questions**

7. Were your hypotheses in questions 4 and 5 correct? Why or why not?
  
8. Which exercises kept you in your target heart rate zone? Why do you think these exercises did so?