

Heart Rate Information

Use
60
%
and
80%
Get
your
RHR
and
put
that
in
the
formula

There are four heart rates.

RHR - Resting Heart Rate - take when you first wake up Example - 10 second count is 8 - you take $8 \times 6 = 48$ this is the RHR. You multiply by 6 because there are 60 seconds in a minute.

THR - Target Heart Rate - must do before you work out

WHR - Working Heart Rate - must do when you are working out

Recovery Heart Rate - must do after the exercise

1. RHR - Resting Heart Rate

a. Take when you first wake up - your heart is at rest (don't get out of bed, don't talk on the phone)

b. Put the two fingers by your thumb and place them on your caroid artery (under your jaw atthe top) or radial at your wrist_

c. Take a 10 second count (will usually be somewhere between 8 and 13) - it might bet be a little lower or a little higher) but not much.

d. Now take this number and multiply by 6. (because there are 60 seconds in a minute) What ever 10 second count you get - multiply by 6.

e. Now what do you do with this number? - put it in the formula for THR.

2. THR - Target Heart Rate

- a. There is a low range at 60% and a high range at 80%
- b. When do you take it? - THR before you work out.
- c. Why do you take it? You will need this range of numbers when you are exercising.
- d. What is the formula
220 minus your age
minus your RHR
Multiply by 60% .60
Now add the RHR back in
This your low range
- e. At the end make sure and round up or down - give me a whole number.
- f. Now repeat this formula but this time multiply by 80% .80
This will give you the high range.
- g. What do you do with this number? This give you the range that you should be working out. If you work out at this level - the blood will be going through the lumen faster enough to push the plaque out of the artery.

Example - Age 35 10 second count 11 (11.6=66 RHR)

$$220 - 35 = 185$$

$$185 - 66 = 119$$

$$119 \times .60 = 71.40$$

$$71.40 + 66 = 137.40$$

137 is 60 & range

Now repeat this at 80% for high range.

3. WHR - Working Heart Rate

- a. When do you take your WHR? Start with 3 minutes into your workout - if you don't hit your THR -
try again in 5 minutes. You must be doing the activity - do not stop to take the count..
- b. Once you get that figure what do you do with it? Check the THR and see if your numbers are within
the range of your THR..
- c. If you are working at this level - keep it up for at least 20 minutes (more is even better) - at least 3 times a week. (the more the better)
- d. If you did not hit your target - then try to go faster and hit your target. Keep trying.

4. Recovery Heart Rate

- a. When to you take this? After the exercise is over.
- b. Why do you take this? to see how quick you recover (the quicker you recover the better)
- c. What do you do with it? It will you at clue - are you in shape or not. Do I need to work out more and at a higher rate)

5. The more fit you become, will your RHR go up or down? Why? Down - because your heart becomes more efficient and it does not have to try so hard.

6. What is hypertension? High blood pressure

7. Do most people with hypertension know it? NO

8. What is an ideal blood pressure? 110/70

9. Which number is the most important? Top or Bottom? bottom

10. To be considered a cardio activity - what muscles do you use? big muscles

11. Where are located on the body? 0 they are in lower part of your body

12. What is the formula for THR? 220 minus your age - minus your

RHR - times 60% + your RHR (this

is the low range. Repeat this formula but this time x by 80%.

This will give your range from 60

to 80 %.

13. To get cardio output you must work out for at least 20 minutes for 3 times a week.

14. What is recovery heart rate? heart rate after your exercise to see how quick your heart beat comes

back to normal. The more fit you are - you recover quickly

15. When is it taken? after your exercise

16. What will quench you thirst quicker than anything? water