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| NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE\_\_\_\_\_\_\_\_\_\_­­­­­­­­\_\_\_ Maximum heart rate: \_\_\_\_\_\_\_\_\_\_\_\_\_(220-age)  Target heart rate:  (Multiply Mhr X .50 For Low End) \_\_\_\_\_\_\_\_\_\_  (Multiply Mhr X .85 For High End) \_\_\_\_\_\_\_\_\_ |

**MY BEGINNING HEART RATE**

Date

AFTER COOL DOWN

(30 seconds-double)

After aerobics

6 seconds

(add a 0)

My beginning heart rate

(30 seconds-double)

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