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Personalized Exercise Card

Michigan State University Extension Service

Fitness 7

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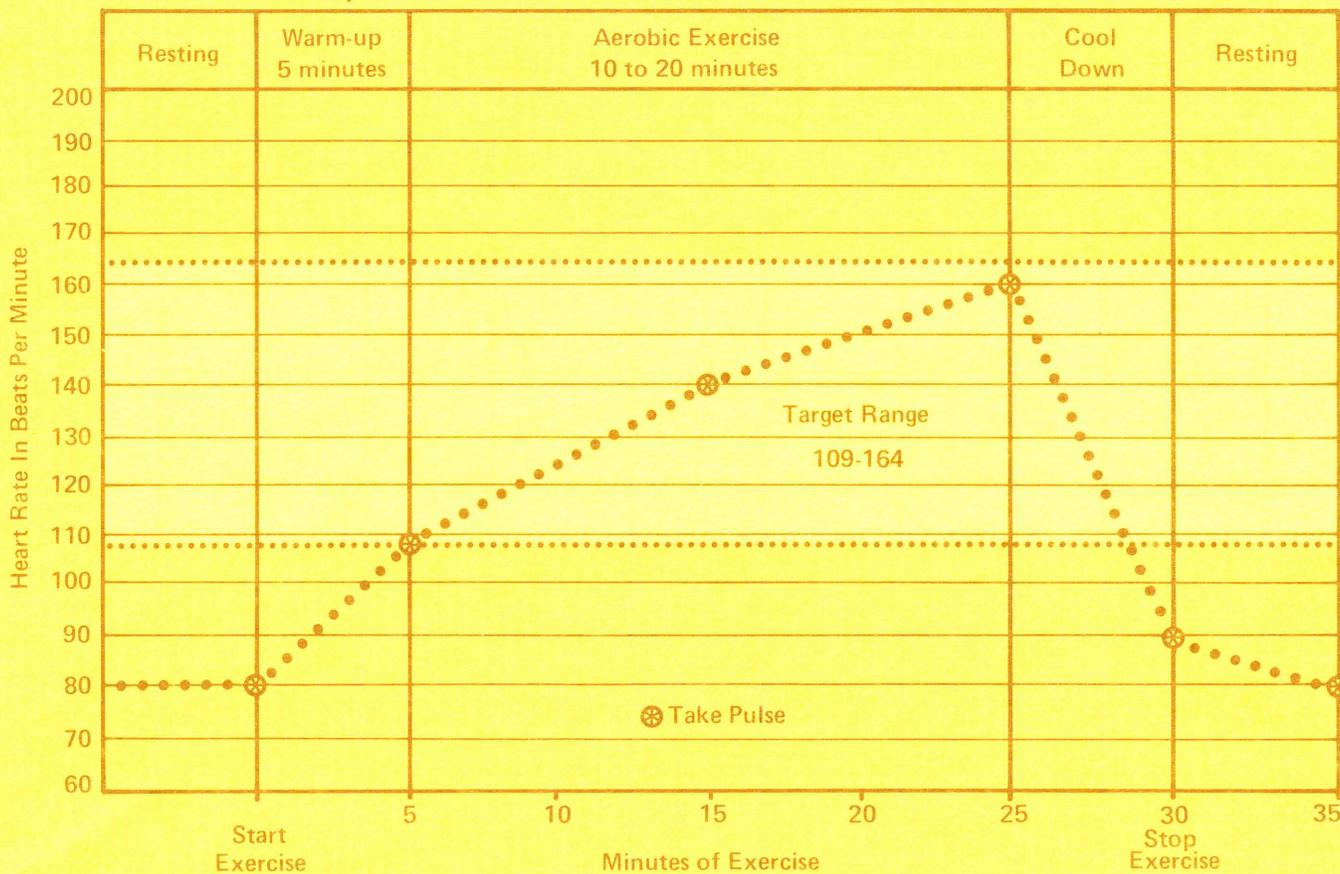
FITNESS 7

PERSONALIZED EXERCISE CARD

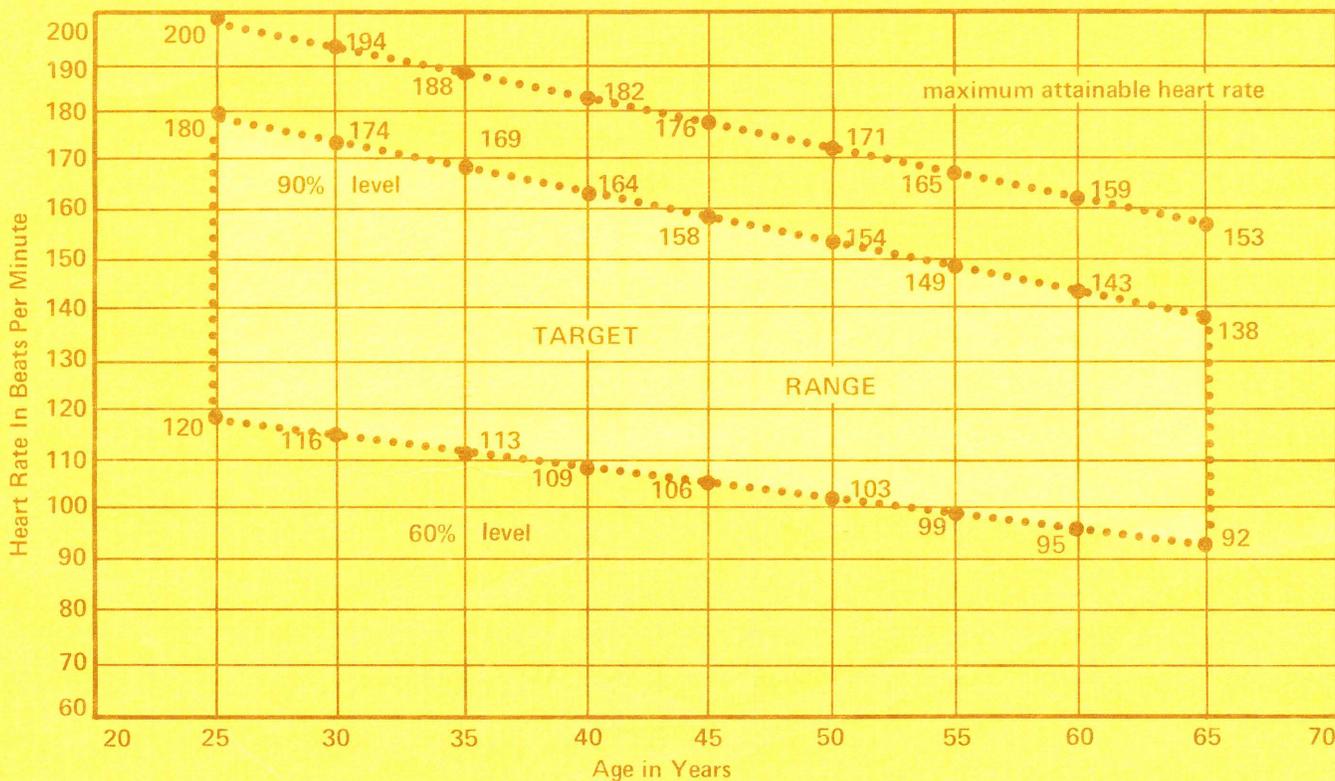
Week	Rest	Warm-up	Aerobic Exercise				Cool-down	Rest
	Resting Rate	After 5 – 10 Minutes	After 5 Min.	After 10 Min.	After 15. Min.	After 20 Min.	After 5 – 10 Minutes	Resting Rate
1								
2								
3								
6								
10								

Record pulse rate in appropriate box.

40 Year Old – Sample



Maximum Heart Rate and Target



The highest heart rate declines with age and so does the target range for exercise. These are "average" ranges for a majority of men and women.

Source: Adapted from Beyond Diet . . . Exercise Your Way to Fitness and Health, L.R. Zohman, 1974.