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

Period:\_\_\_\_\_\_\_\_\_\_\_

**Heart Rate Training**

**Objective:** To understand how your heart rate responds to different types of exercise.

**Procedures:**

Put on heart rate monitor and record a baseline value in %.\_\_\_\_\_\_\_\_\_\_

Preform activities at these stations in class and record your heart rates highest value.

1. Eliptical Machine: 3 min\_\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_\_\_
2. TRX series: 3 minutes \_\_\_\_\_\_\_\_ HR % Zone \_\_\_\_\_\_\_
3. Sets of 20 with Med Ball Squats for 3 min \_\_\_\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_\_
4. Row machine 3 min\_\_\_\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_\_\_\_
5. Free weights circuit 3 min\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_
6. Run at 4.5 mph Treadmill\_\_\_\_\_\_\_\_\_\_ HR % \_\_\_\_\_\_\_\_\_ Zone:\_\_\_\_\_\_\_\_
7. Core circuit V Ups, Crunch, Russian Twist 3 min:\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_
8. Exercise bike 90 rpm and 8 resistance 3 min\_\_\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_\_\_\_
9. Olympic Lifts: Push Press, Bench Press 3 min\_\_\_\_\_\_\_ HR % Zone\_\_\_\_\_\_\_\_
10. Isometric Station: Front Plank 1 min, Wall Sit 1 Min Front Plank 1 min\_\_\_\_\_\_\_\_HR % Zone\_\_
11. Cross Fit: 10Burbee, followed 10 Push Ups, 20 sec rest between sets 3 min\_\_\_\_\_\_\_\_\_ HR%\_\_

Zone:\_\_\_\_\_\_

**Questions:**

1. **Rank activities from highest HR % to Lowest:**
2. **If you are a personal trainer and wanted to create a workout to get your client strong and fit what 4 activities would you choose? Discuss your knowledge of heart rate training in your answer. Your client is paying you big bucks and they want to know why you chose these 4 exercises for them.**

**Answer this on a sheet of your Journal.**