



MONTH M T W T F S S

CARDIOVASCULAR AEROBIC ACTIVITIES

Body Mechanics
®

	MON	TUE	WED	THU	FRI	SAT	SUN
	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +
	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +
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	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +	+ - +
HR							
BP							

TARGET HEART RATE ZONE

AGE	NUMBER OF BEATS IN 10 SECONDS					
20	20	60%75	25	27	80%85	28
25	19		24	26		28
30	19		23	25		27
35	19		23	25		26
40	18		22	24		26
45	18		21	23		25
50	17		21	23		24
55	17		20	22		23
60	16		20	21		23
65	16		19	21		22

FAT BURNING

AEROBIC CONDITIONING

NOTES _____

