

1. Choose a partner to work with, and make sure at least one of you has a timer on your phone!
2. First, you will need to take a baseline heart rate. Hold your left arm out, palm up, in a relaxed position. With your right hand, place your pointer and middle fingers on your wrist until you can feel your pulse. Your pulse can best be felt on the side of the arm closest to the thumb, nestled between your radius and the tendons that allow you to flex your wrist.
3. Set the timer for 15 seconds, and record how many times your heart beats in this time. Multiple this by 4, and you will have your resting heart rate in beats per minute (bpm). Record your heart rate in the table below.
4. Next, we are going to look at how your heart rate changes as you exercise. Go **outside** to find a clear, open space. Using your timer, perform jumping jacks as many times as you can in one minute. As soon as you finish, **immediately** take your pulse and calculate your heart rate using the same procedure as before (number of beats in 15 seconds, multiply by 4 to get bpm).
5. **One minute** after you have finished exercising, take your pulse and calculate your heart rate using the same procedure as before (number of beats in 15 seconds, multiply by 4 to get bpm).
6. **Two minutes** after you have finished exercising, take your pulse and calculate your heart rate using the same procedure as before (number of beats in 15 seconds, multiply by 4 to get bpm).

Resting heart rate (bpm)	
Heart rate immediately after exercise (bpm)	
Heart rate one minute after exercise (bpm)	
Heart rate two minutes after exercise (bpm)	

Resting Heart Rate for MEN

	Age 18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

Resting Heart Rate for WOMEN

	Age 18-25	26-35	36-45	46-55	56-65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above Average	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below Average	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+