

## Heart Rate Monitoring and Exercise Chart– CT001

<p><b>Description</b></p>	<ul style="list-style-type: none"> <li>◆ This chart provides guidelines for monitoring heart rate and exercise. It includes three sections: Section 1 tells you how to monitor your heart rate and shows on a graph the effects of lifestyle on average heart rate values. Section 2 provides a table which shows how the heart rate responds to different intensities of work. Section 3 gives the structure of exercise and training in relation to intensity, duration and frequency to achieve better fitness.</li> <li>◆ Designed in conjunction with Dr. Paul Cherry and Rex Hazeldine both sport scientists from Loughborough University, Loughborough U.K., it provides up-to-date information on how to monitor heart rate and exercise for people who are starting to do some cardio-respiratory exercise right up to sportsmen and women who are doing hard intensive training for competition. It is an excellent chart to have in a gym, mounted on the wall, next to CV equipment. Ideal for Schools, Colleges, Health Clubs, Fitness Centres, etc.</li> </ul>
<p><b>Details</b></p>	<p>1. Dimension: A1 Size</p>
<p><b>Image</b></p>	