



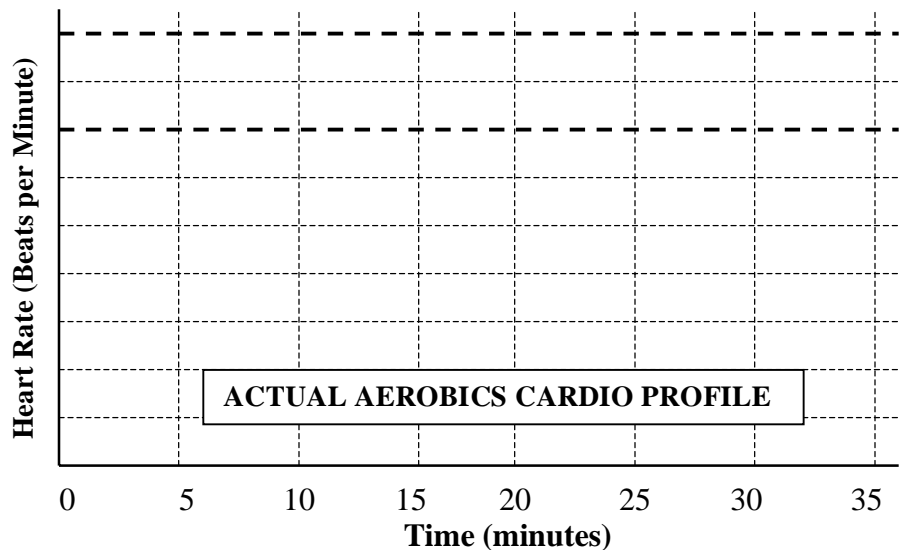
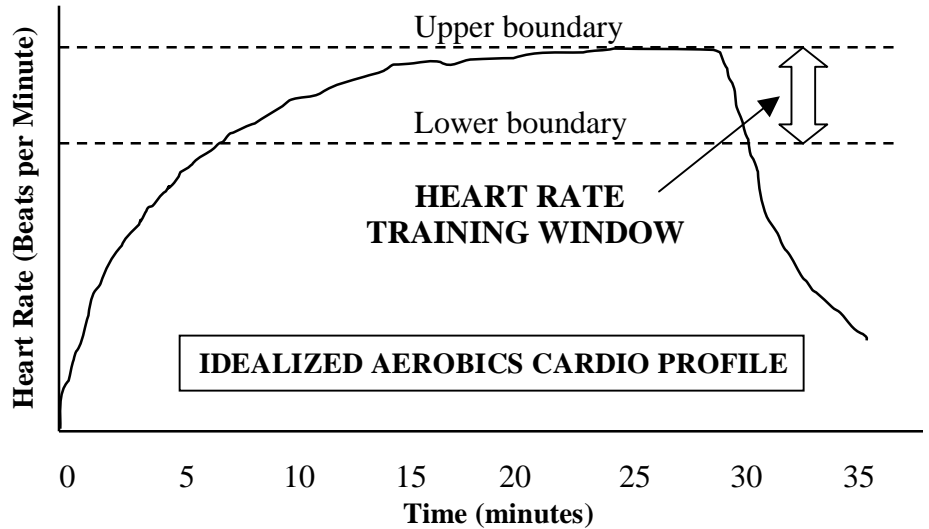
Cardio Profile Form

Name _____ Age (yrs) _____ Date _____ Machine _____

HR average _____ Distance _____ $HR_{max} \frac{(220 - age)^2}{(220 - age)^2}$ Heart Rate Training Windows (HR_{max} method)¹

Minute	HR	Level	RPM
0	_____	_____	_____
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____
11	_____	_____	_____
12	_____	_____	_____
13	_____	_____	_____
14	_____	_____	_____
15	_____	_____	_____
16	_____	_____	_____
17	_____	_____	_____
18	_____	_____	_____
19	_____	_____	_____
20	_____	_____	_____
21	_____	_____	_____
22	_____	_____	_____
23	_____	_____	_____
24	_____	_____	_____
25	_____	_____	_____
26	_____	_____	_____
27	_____	_____	_____
28	_____	_____	_____
29	_____	_____	_____
30	_____	_____	_____

Heart Rate Training Windows (HR_{max} method)¹
Moderate Vigorous
 lower _____ upper _____ lower _____ upper _____
 (64%) (76%) (77%) (93%)



HR Recovery
 0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

¹ For advanced exercisers and athletes, use the Heart Rate Reserve (Karvonen) method. Otherwise use the HR_{max} method.
² For ages 12 and under and 60 and over, use the formula $[208 - 0.7 (age \text{ in years})]$