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Personalized Exercise Card

Michigan State University Extension Service

Fitness 7

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Reprinted February 1987

2 pages

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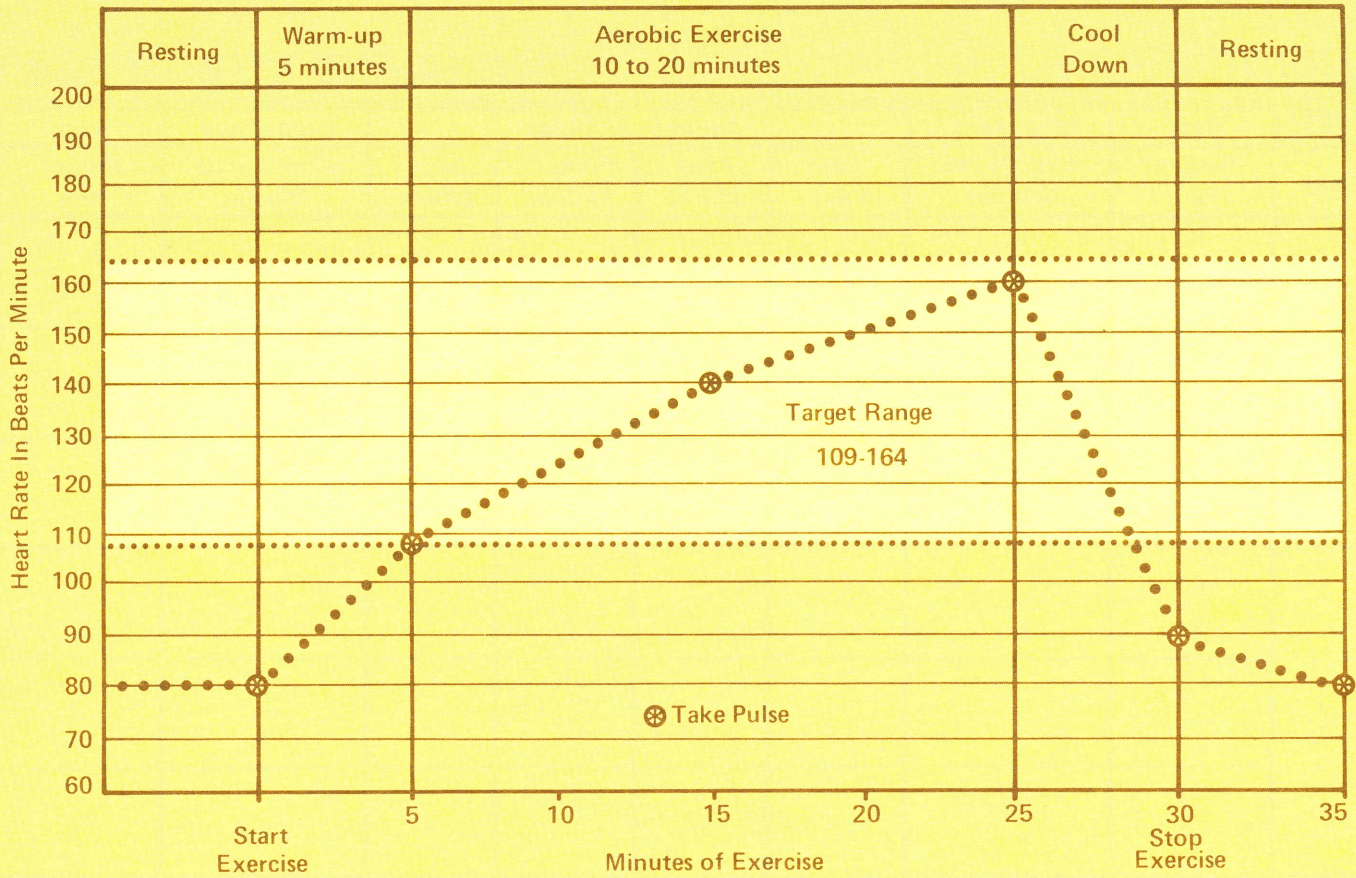


FITNESS 7

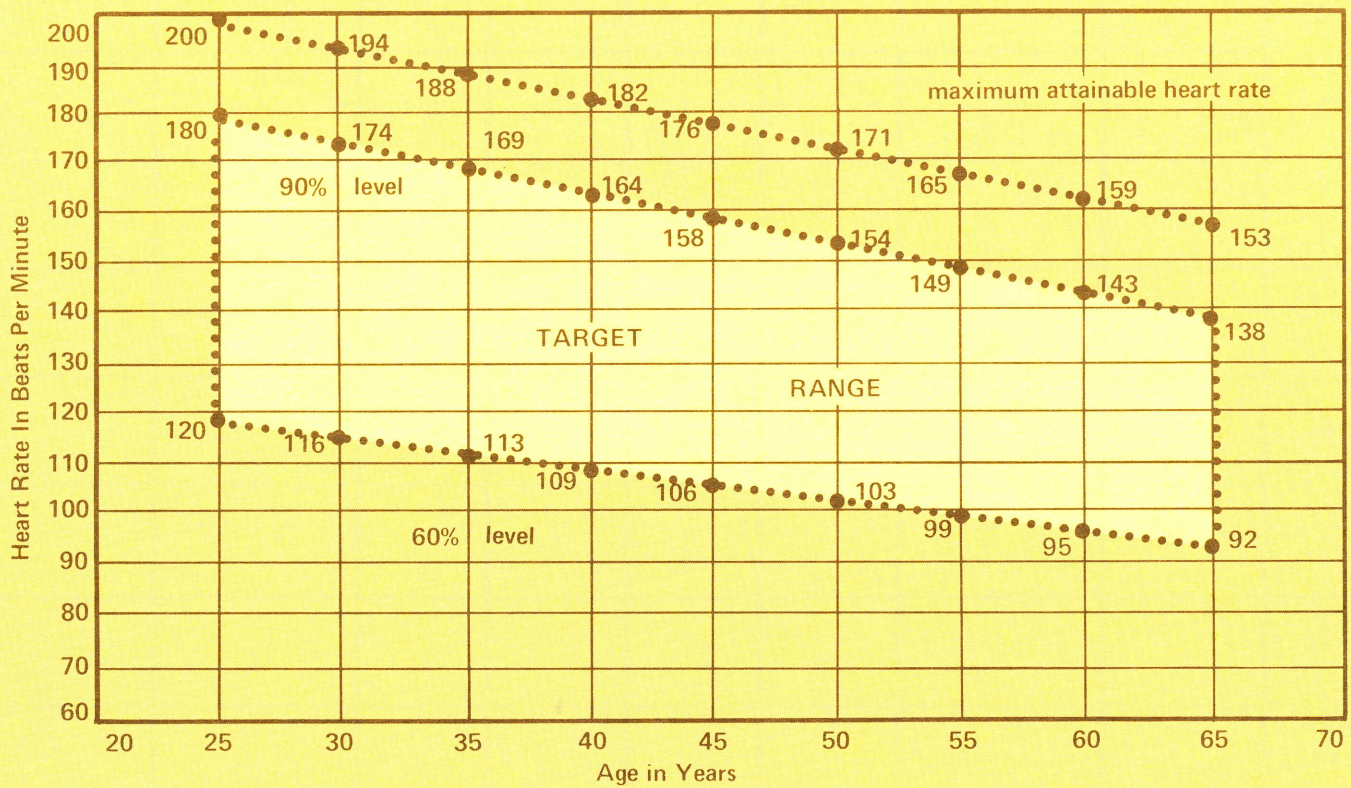
PERSONALIZED EXERCISE CARD

Week	Rest	Warm-up	Aerobic Exercise				Cool-down	Rest
	Resting Rate	After 5 – 10 Minutes	After 5 Min.	After 10 Min.	After 15. Min.	After 20 Min.	After 5 – 10 Minutes	Resting Rate
1								
2								
3								
6								
10								

40 Year Old – Sample



Maximum Heart Rate and Target



The highest heart rate declines with age and so does the target range for exercise. These are "average" ranges for a majority of men and women.

Source: Adapted from Beyond Diet . . . Exercise Your Way to Fitness and Health, L.R. Zohman, 1974.

0-16733



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Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W.J. Moline, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

Reprinted 2:87-5M-KMF-UP, Price 10¢, Single copy free to Michigan residents.