

Cardiovascular Endurance Study Sheet:

- Resting Heart Rate – the measure of heartbeats per unit of time, while at complete rest. This heart rate should be taken for 60 seconds or a minute.
 - A normal resting heart rate ranges from 60 to 100 beats a minute. A heart rate above or below that may signal a problem.
- Target Heart Rate and Target Heart Rate Zone – desired range of heart rate during exercise for obtaining maximum benefits of exercise. 60%-85% of maximum heart rate. Typically 120-180 beats per minute. When taking target heart rates, a 6 second heart rate is taken and then a 0 is added to that 6 second number.
- Recovery Heart Rate – refers to the heart’s ability to return itself to a normal rhythm **after** being elevated during exercise.
- **AEROBIC exercise** is rhythmic, moderate to vigorous activity that uses large amounts of oxygen and works the heart and lungs (examples: dancing, running, swimming laps, bicycling).
- **ANAEROBIC** exercise is intense physical activity in short bursts of energy that builds muscle but does not use large amounts of oxygen.
- Checking Heart Rate: Pulse
 - This can be done at the neck or the wrist
 - Neck = Carotid
 - Wrist = Radial
- There are 3 phases of a cardiovascular endurance work-out. They are:

Warm-up: involves gentle exercises that get heart and muscles ready for activity.

Activity: an exercise that focuses on high-energy activity and movement for 20 minutes or more.

Cool-down: involves gentle exercises that let the body adjust to ending a workout, followed by gentle stretches.