

2) Heart Rate Reserve Method Target HR=Max HR- resting HR range + resting HR

Eg. 40 yr. old female, RHR of 68Bpm at 60% Target HR= $[(220 - 40) - 68] \times 0.60 + 68$
= $(180 - 68) \times 0.60 + 68$
= $112 \times 0.60 + 68$
= $67.2 + 68$
= 135.2 Bpm

iii) Time- Exercise time is significantly linked to exercise intensity. the harder the exercise, the shorter the session will be)

Exercise response shows that the body produces health improvements with approx. 20 to 30 min. of exercise in the target HR zone.

Exercise time can increase as the client becomes more fit.

iv) Type- Activities that involve large muscle groups or the entire body. Egs. Cycling, jogging, swimming etc.

If the type of exercise is enjoyable for the individual than success is more attainable.