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The YMCA 3-minute Bench Step Test Is Based On How Quickly Your Heart Rate Recovers Following A Short Bout Of Exercise. Below Are The Essentials To Perform The Test On Your Own: 12-inch Tall Step, Bench, Or Box (as Close To 12 Inches As You Can Find) Stopwatch, Timer, Or Clock With A ...
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Depolari 1th,

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Cardiovascular System Components Of The

Cardiovascular ...1 Cardiovascular System

Components Of The Cardiovascular System • Consists

Of The Heart Plus All The Blood Vessels • Transports

Blood To All Parts Of The Body In Two 'circulations':

Pulmonary (lungs) & Systemic (the Rest Of The Body) •

Responsible For The Flow Of Blood, Nutrients, Oxygen

And Other Gases, And Hormones To And Fro 2th,

2024The Relationship Of Age And Cardiovascular

Fitness To ...And BRADLEY D. HATFIELD Department Of

Kinesiology, University Of Maryland, College Park,

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Charles H. Hillman, Edward P. Weiss, Jame 2th,

2024FITT Principle For Cardiovascular Fitness16 17 18

MHR 209 208 207 206 205 204 203 202 50% 147 146

146 146 139 138 138 137 60% 160 159 158 158 152

151 151 150 70% 172 171 170 170 165 164 164 163

80% 185 183 183 182 178 178 177 176 85% 190 190

189 188 185 184 183 183 90% 197 196 194 194 192

191 190 190 Time (Duration) Of Exercise T 1th, 2024.

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