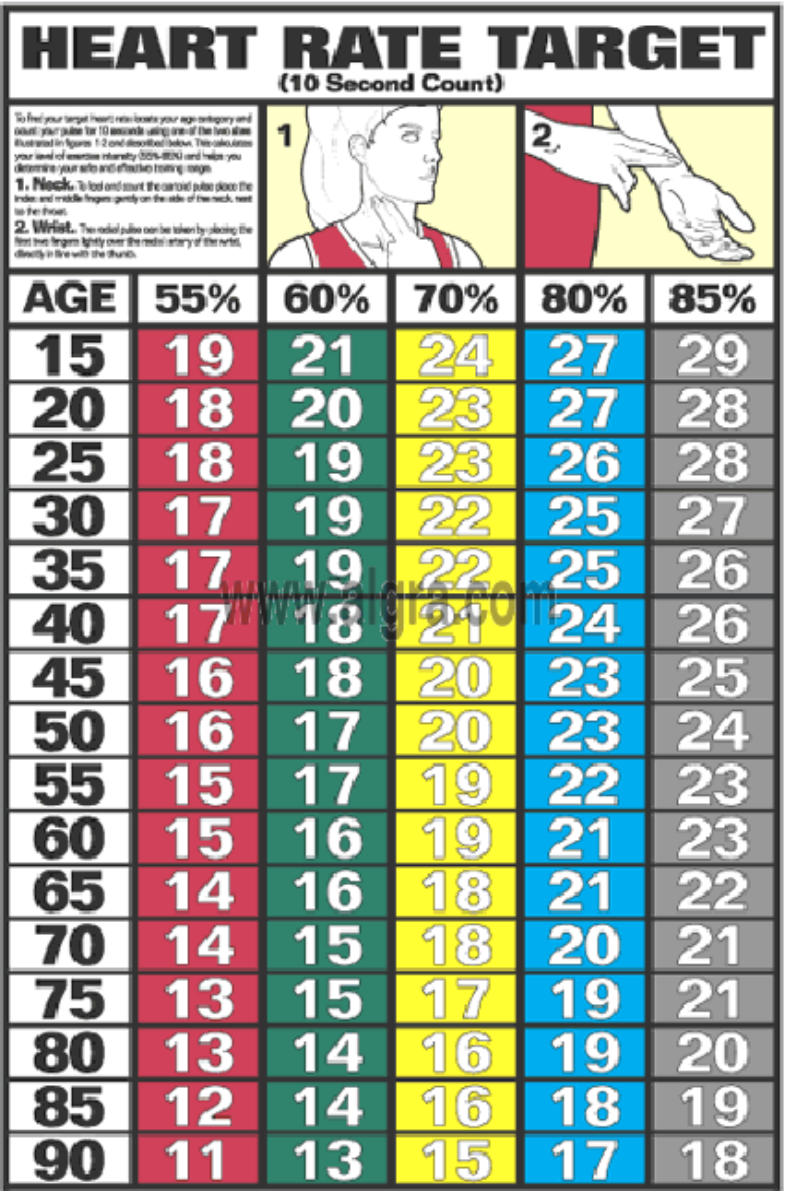


## Ten Second Heart Rate Chart– BA003

Description	<p>◆ The Ten Second Heart Rate poster is designed to display the target heart rate needed to successfully achieve your fitness goals. This poster is a great addition to any health or fitness facility.</p>																																																																																																						
Details	<p>1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides</p>																																																																																																						
Image	 <p>The poster titled "HEART RATE TARGET (10 Second Count)" provides instructions for measuring heart rate and a target heart rate chart. The instructions include: "To find your target heart rate locate your age category and count your pulse for 10 seconds using one of the two sites illustrated in figures 1 &amp; 2 and described below. This calculation your level of exercise intensity (55%-85%) and helps you determine your safe and effective heart rate range." The two measurement sites are: 1. Neck: To feel and count the carotid pulse place the index and middle fingers gently on the side of the neck, just to the throat. 2. Wrist: The radial pulse can be taken by placing the first two fingers lightly over the radial artery of the wrist, directly in line with the thumb.</p> <table border="1" data-bbox="258 900 1034 1809"> <thead> <tr> <th>AGE</th> <th>55%</th> <th>60%</th> <th>70%</th> <th>80%</th> <th>85%</th> </tr> </thead> <tbody> <tr><td>15</td><td>19</td><td>21</td><td>24</td><td>27</td><td>29</td></tr> <tr><td>20</td><td>18</td><td>20</td><td>23</td><td>27</td><td>28</td></tr> <tr><td>25</td><td>18</td><td>19</td><td>23</td><td>26</td><td>28</td></tr> <tr><td>30</td><td>17</td><td>19</td><td>22</td><td>25</td><td>27</td></tr> <tr><td>35</td><td>17</td><td>19</td><td>22</td><td>25</td><td>26</td></tr> <tr><td>40</td><td>17</td><td>18</td><td>21</td><td>24</td><td>26</td></tr> <tr><td>45</td><td>16</td><td>18</td><td>20</td><td>23</td><td>25</td></tr> <tr><td>50</td><td>16</td><td>17</td><td>20</td><td>23</td><td>24</td></tr> <tr><td>55</td><td>15</td><td>17</td><td>19</td><td>22</td><td>23</td></tr> <tr><td>60</td><td>15</td><td>16</td><td>19</td><td>21</td><td>23</td></tr> <tr><td>65</td><td>14</td><td>16</td><td>18</td><td>21</td><td>22</td></tr> <tr><td>70</td><td>14</td><td>15</td><td>18</td><td>20</td><td>21</td></tr> <tr><td>75</td><td>13</td><td>15</td><td>17</td><td>19</td><td>21</td></tr> <tr><td>80</td><td>13</td><td>14</td><td>16</td><td>19</td><td>20</td></tr> <tr><td>85</td><td>12</td><td>14</td><td>16</td><td>18</td><td>19</td></tr> <tr><td>90</td><td>11</td><td>13</td><td>15</td><td>17</td><td>18</td></tr> </tbody> </table>	AGE	55%	60%	70%	80%	85%	15	19	21	24	27	29	20	18	20	23	27	28	25	18	19	23	26	28	30	17	19	22	25	27	35	17	19	22	25	26	40	17	18	21	24	26	45	16	18	20	23	25	50	16	17	20	23	24	55	15	17	19	22	23	60	15	16	19	21	23	65	14	16	18	21	22	70	14	15	18	20	21	75	13	15	17	19	21	80	13	14	16	19	20	85	12	14	16	18	19	90	11	13	15	17	18
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