I’ve got the power
How do you compare to five-time Olympic gold medal winner Sir Steve Redgrave?

Name: Sir Steve Redgrave
Sport: Rowing
Age: 49
Gender: Male
Height: 194
Asthmatic: No

Resting heart rate: 83 bpm
Heart rate after 2 minutes exercise:
Immediately after: 140 bpm
1 minute after: 88 bpm
2 minutes after: 81 bpm

Your Data
Name: ________________________________
Favourite activity: ________________________________
Gender: ________________________________
Age: ________________________________
Height: ________________________________ cm
Asthmatic: ________________________________

Resting heart rate: ________________________________ bpm
Heart rate after 2 minutes exercise:
Immediately after: ________________________________ bpm
1 minute after: ________________________________ bpm
2 minutes after: ________________________________ bpm
3 minutes after: ________________________________ bpm
4 minutes after: ________________________________ bpm
5 minutes after: ________________________________ bpm

www.getinthezone.org.uk
Practical science exploring the mind and body in motion

Live Data Zone
Enabling you to work like a real scientist

Check out...
www.getinthezone.org.uk/livedatazone to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data

Visit the Live Data Zone to find out the following information:
The difference between resting heart rate and heart rate 4 minutes after exercise for:
people who do up to 1 hour activity per week: ________________________________ bpm
people who do over 5 hours activity per week: ________________________________ bpm

Do people who think they are fit have a faster recovery rate?