I’ve got the power
How do you compare to GB shooter Mark Hampton?

Your Data
Name: ____________________________
Favourite activity: ____________________
Gender: __________________________
Age: ________________________________ cm
Height: ____________________________ 
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

Resting heart rate: 65 bpm
Heart rate after 2 minutes exercise:
Immediately after: 120 bpm
1 minute after: 94 bpm
2 minutes after: 88 bpm
3 minutes after: 85 bpm
4 minutes after: 90 bpm
5 minutes after: 87 bpm

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Enabling you to work like a real scientist

Check out...

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?