Name:

Directions: Record your heart rate after each exercise trial, then answer the question about that station.

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| --- |
| Station 1: Jumping  Trial 1\_\_\_\_\_\_ Trial 2\_\_\_\_\_\_ Trial 3\_\_\_\_\_\_  What changed to increase intensity at this station? |
| Station 2: Sit-ups  Trial 1\_\_\_\_\_\_ Trial 2\_\_\_\_\_\_ Trial 3\_\_\_\_\_\_  What changed to increase intensity at this station? |
| Station 3: Rope Jumping  Trial 1\_\_\_\_\_\_ Trial 2\_\_\_\_\_\_ Trial 3\_\_\_\_\_\_  What changed to increase intensity at this station? |
| Station 4: Stepping  Trial 1\_\_\_\_\_\_ Trial 2\_\_\_\_\_\_ Trial 3\_\_\_\_\_\_  What changed to increase intensity at this station? |
| Choose one of the following activities. Explain how to change the intensity level while performing the activity.  Bike riding  Jumping jacks  Push-ups |

## Figure 22.9 Exercise intensity task card.