

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

Cardio strength training combines cardiovascular activities and strength training activities in one workout. Because the Heart Zones Education (HZE) program focuses on strengthening the cardiac muscle, it consists primarily of cardio activities. When combined with strength training, which focuses on strengthening specific muscle groups, however, HZE produces more powerful results. By simultaneously training cardiac muscles and skeletal muscles, benefits accrue to both.

In this workout, you work in groups of three. One group member performs the cardio activity, one member performs the strength training activity at the weight machine, and one member spots the person doing strength training.

### Instructions

1. Put on your heart rate monitor and get an initial reading.
2. Prior to starting, review the 10 stations and be sure you understand all safety requirements, spotting techniques, correct lifting techniques, and other specifics of the stations.
3. You will have four minutes at each station with one minute between stations to record data and move to the next station. Try to complete as many repetitions of each activity as you can in the time available.
4. Warm up and stretch your muscles well before starting the first station.
5. As you work through each station, record your heart rate on the following table:

**CARDIO STRENGTH TRAINING**

Station number	Strength heart rate	Cardio heart rate
1	Leg press: _____ bpm	Push-up: _____ bpm
2	Bench press: _____ bpm	Squat: _____ bpm
3	Biceps curl: _____ bpm	Jump rope: _____ bpm
4	Shoulder press: _____ bpm	Running in place: _____ bpm
5	Deadlift: _____ bpm	Jumping jacks: _____ bpm
6	Leg extension: _____ bpm	Curl-up: _____ bpm
7	Lat pull-down: _____ bpm	Squat jump: _____ bpm

Station number	Strength heart rate	Cardio heart rate
8	Leg curl: _____ bpm	Step-up: _____ bpm
9	Bent-arm fly: _____ bpm	Shuttle run: _____ bpm
10	Upright row: _____ bpm	Lunge drill: _____ bpm
	Total strength heart rates: _____ bpm	Total cardio heart rates: _____ bpm
	Average strength heart rate: _____ bpm	Average cardio heart rate: _____ bpm

## Questions

What are the benefits of including cardio and strength training in the same workout?

What is the effect on heart rate response of combining strength training with cardio training?

What should happen to your heart rate response when you are spotting? Explain.

What inferences can you make from your data?