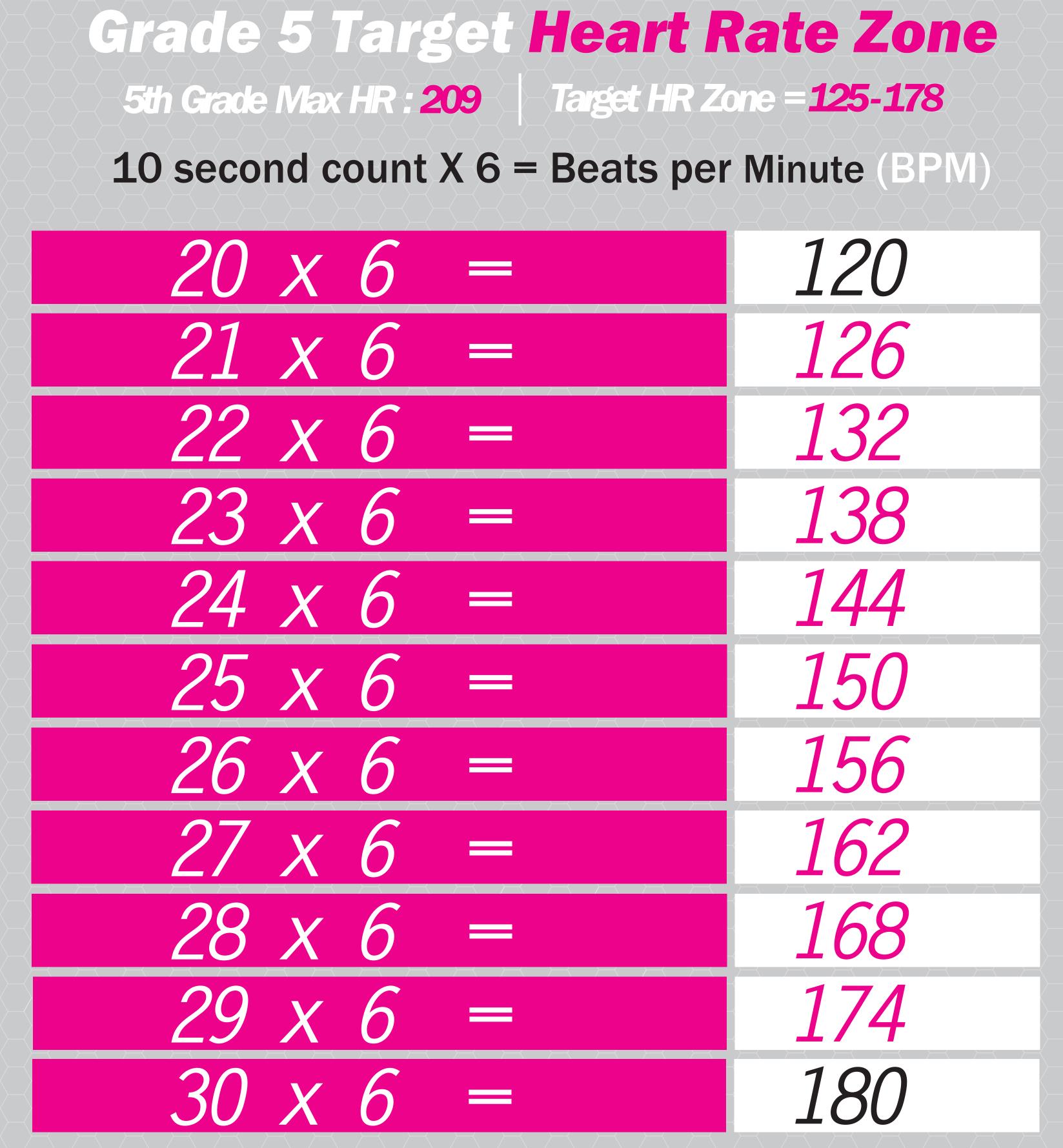


## \* Magenta = in correct range

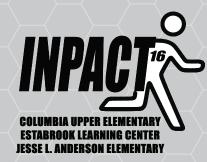




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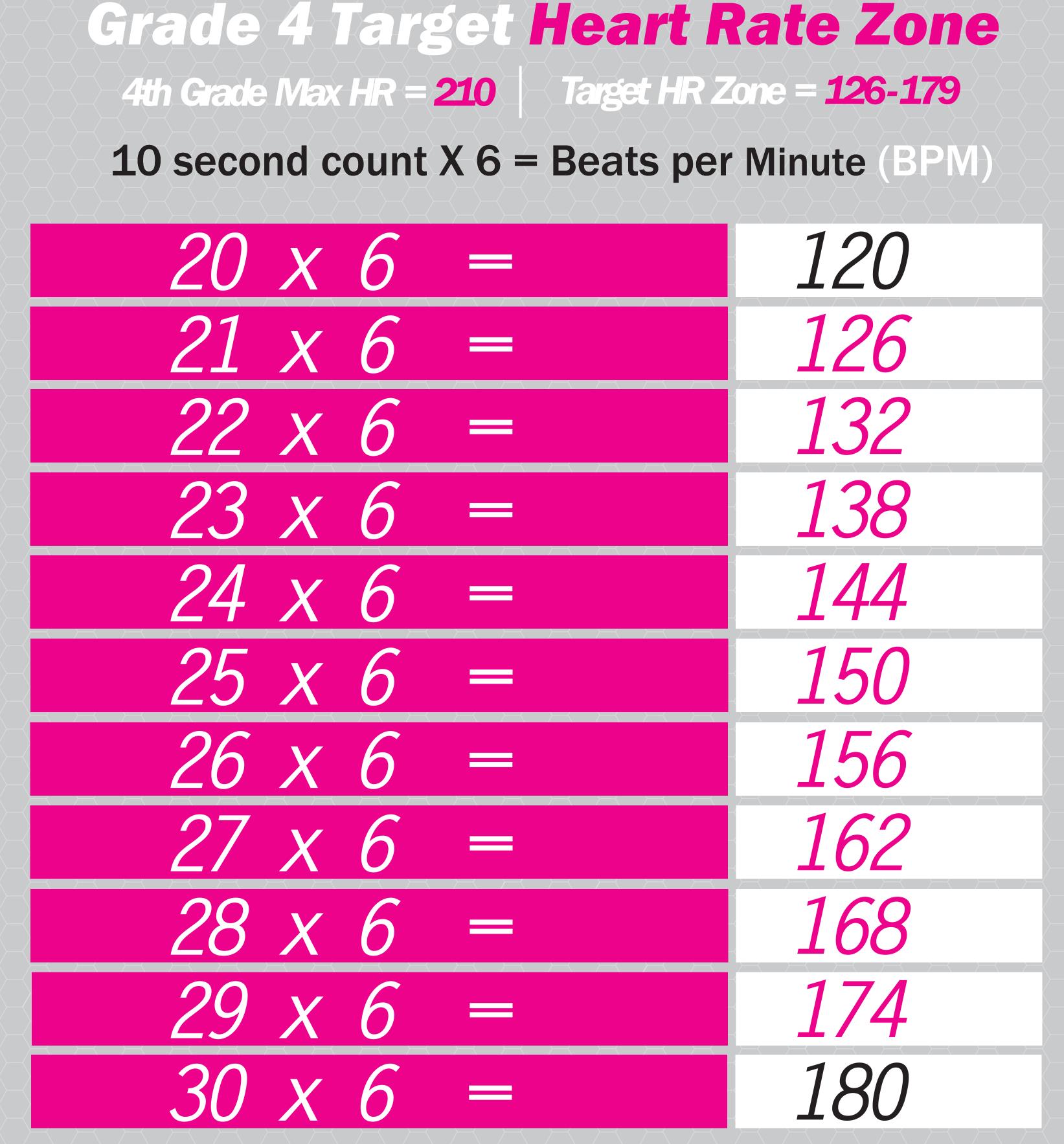


#### \* Magenta = in correct range

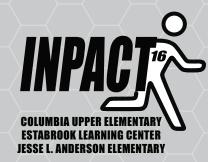




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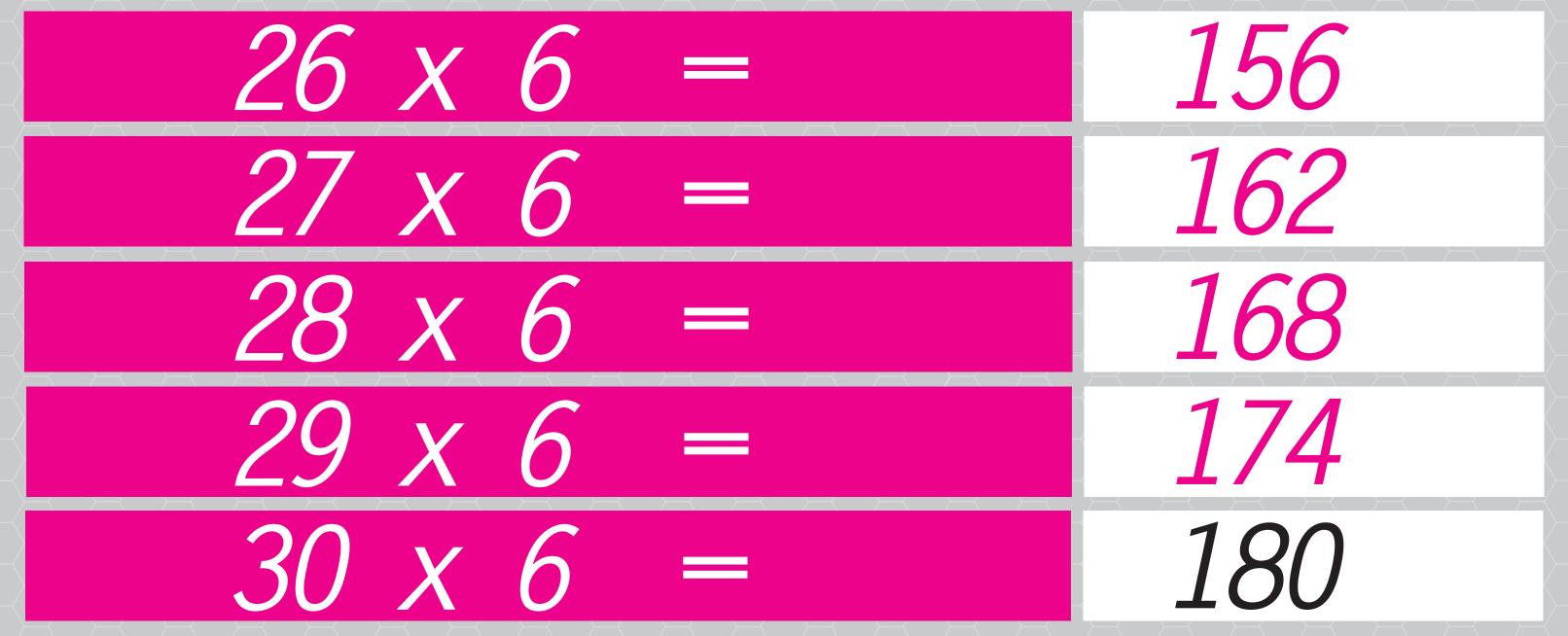
#### \* Magenta = in correct range



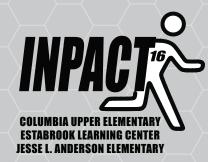


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# Grade 3 Target Heart Rate Zone **3rd Grade Max HR = 211** *Target HR Zone = 60%-85% of Max = 127-179* **10 second count X 6 = Beats per Minute (BPM)** 120 20 x 6 126 21 x 6 132 22 x 6 138 23 x 6 144 24 x 6 25 X



### \* Magenta = in correct range





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