**GCSE Personal Exercise Programme**

**Introduction- Personal information**

**Name:**

**Age:**

**Weight:**

**Height:**

**Resting pulse rate(beats per minute):**

**Maximum heart rate**

220 - age =

**Approximate aerobic threshold**

60% of maximum heart rate

Maximum heart rate x 60 =

100

**Approximate anaerobic threshold**

80% of maximum heart rate

Maximum heart rate x 80 =

100