# Quiz – Heart Rate

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class: \_\_\_\_\_

Please circle the most appropriate answer.

1. Should your resting heart rate be **higher** or **lower** than your maximum heart rate?
2. Do you want to work out at your **maximum heart rate** or your **target heart rate?**
3. How do we calculate your target heart rate? **220-age OR** **(220-age)X0.70**
4. Should you measure your heart rate with your **fingers** or your **thumb**?
5. Do you measure your heart rate for **1 minute** or for **10 minutes** when taking your heart rate?