



Name: Sir Steve Redgrave
Sport: Rowing
Age: 49
Gender: Male
Height: 194
Asthmatic: No

Resting heart rate: 83 bpm
Heart rate after 2 minutes exercise:
Immediately after: 140 bpm
1 minute after: 88 bpm
2 minutes after: 81 bpm

I've got the power

How do you compare to five-time Olympic gold medal winner Sir Steve Redgrave?



Your Data

Name: _____

Favourite activity: _____

Gender: _____

Age: _____

Height: _____ cm

Asthmatic: _____

Resting heart rate: _____ bpm

Heart rate after 2 minutes exercise:

Immediately after: _____ bpm

1 minute after: _____ bpm

2 minutes after: _____ bpm

3 minutes after: _____ bpm

4 minutes after: _____ bpm

5 minutes after: _____ bpm

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www.getinthezone.org.uk/livedatazone to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data



Visit the Live Data Zone to find out the following information:

The difference between resting heart rate and heart rate 4 minutes after exercise for:

people who do up to 1 hour activity per week: bpm

people who do over 5 hours activity per week: bpm

Do people who think they are fit have a faster recovery rate?