

Figure 11. (Series of Older Individual) Twenty-first and Seventy-fifth Fatigue Curves. These fatigue curves illustrate that an older person may train to increase his production.

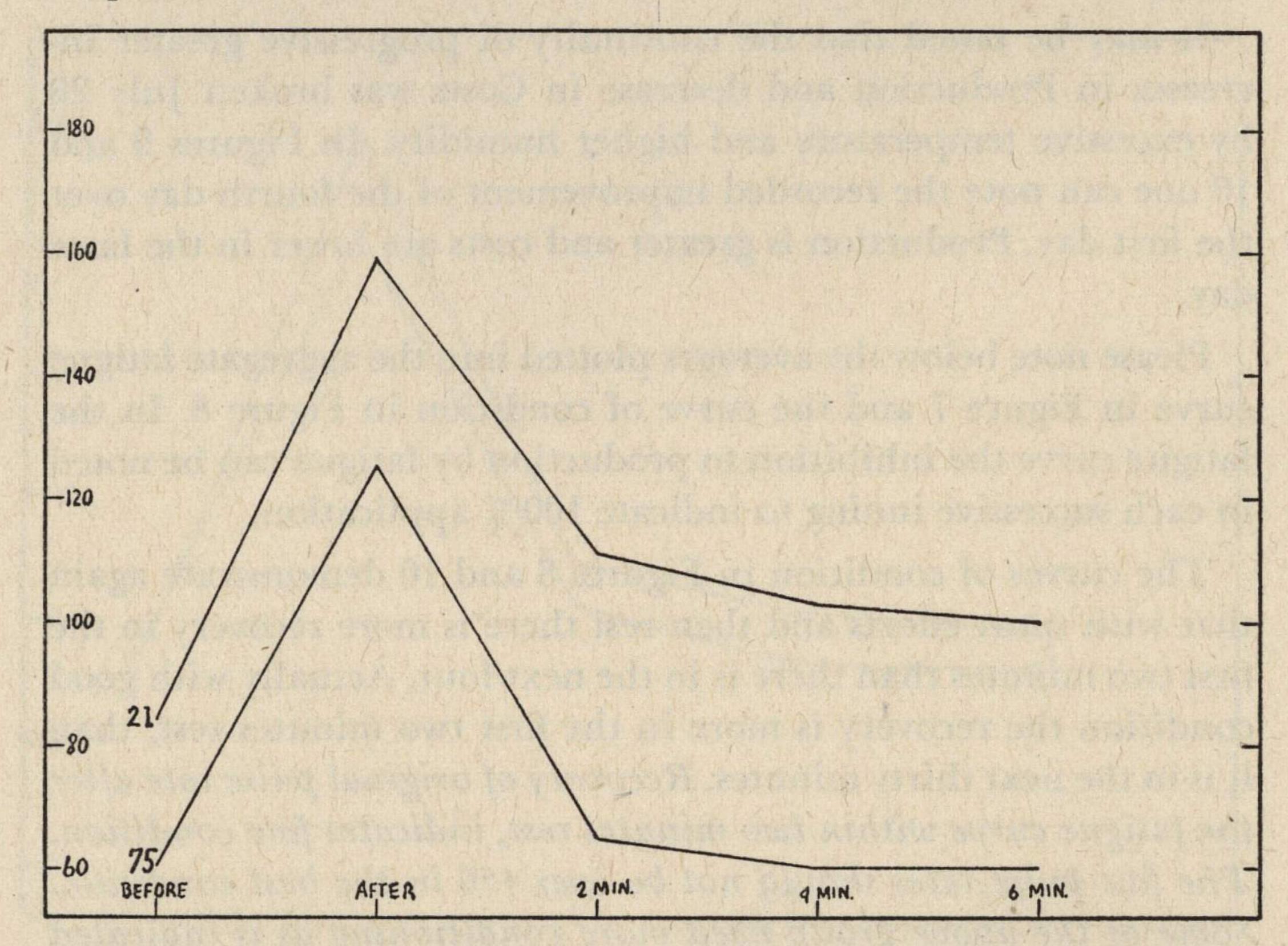


Figure 12. Curves of Condition for the Production Curves Shown in Figure 11. These curves illustrate the lowered costs in heartbeats for greater production in the presence of improving condition.