

POST-EXERCISE HEART RATE

after light exercises (20 to 30 stool steps per minute) to such an extent that successive readings are unreliable.

2. The rate of the first few heart beats immediately following exercise is directly related to the intensity of the exercise and the resting rate.

3. The post-exercise increase in pulse rate above the resting level is directly related to the intensity of the exercise, and at mild intensities of exercise is inversely related to the resting pulse rate.

4. The rate of pulse deceleration following exercise is directly related to the intensity of exercise and the elevation of the pulse rate immediately after exercise. After a very light exercise, it is inversely related to the resting pulse rate.

5. A secondary rise in pulse rate after exercise is a normal, but variable phenomenon.

6. The pulse-ratio of individuals with high resting rates is lower than the pulse-ratio of those with low resting rates. The pulse-ratios are directly proportional to the rate of the exercise except at extremely slow rates, which may produce pulse-ratios higher than the pulse-ratios of faster rates of exercise.

7. The recovery time is prolonged in relation to the intensity of the exercise and is not related to the resting pulse rate.

8. In general, where exercises are used to differentiate individuals on the basis of the post-exercise pulse rate, the pulse-ratio, and the recovery time, they must be strenuous in order to give reliable results.