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Training Exercises " (Iron Man Magazine, July, 1979) holds that the correct target pulse rate is between 70 and 85 per cent of the maximum heart rate as figured according to age-adjusted maximal heart rate charts. AEROBICS PACKET # 22 This is a ready-to-go activity to use in any health or physical education class. With this handout, students design and participate in their own work-outs. I have divided the work-out into four sections: Warm-up, Muscular Strength/Endurance Activities, Aerobic Activities, and Cool-down.

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