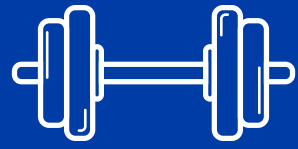


CMMS STEM CHALLENGE
FUN AND FITNESS CHALLENGE



Resting Heart Rate: _____

beats in 30
seconds



Heart Rate after **10 jumping jacks:** _____

beats in 30
seconds



Heart Rate after **20 jumping jacks:** _____

beats in 30
seconds



Let your heart rate return to resting

Heart Rate after **10 squats:** _____

beats in 30
seconds



Heart Rate after **20 squats:** _____

beats in 30
seconds



Which exercise increased your heart rate the most?

Was your heart rate quicker when you did 20 jumping jacks instead of 10? What about squats?

Why do you think that is?
