

HEART RATE RECOVERY AFTER EXERCISE.

BPM BEATS PER MINUTE	EVALUATION
20 or less.	You need to improve your fitness level.
20- 30.	Over trained or bad trained
30- 40	Basic recovery rates.
40- 50	Very good recovery
Over 50	Outsatanding and Elite

Modified Departamento Técnico de Polar Electro-Ibérica