



Cursor  
 Time: **0:00:00**  
 HR: **0 bmp**

Heart Rate Session

Student: **Last Name, First Name**    Sample Rate: **15 sec**  
 Date: **4/10/2008 12:34:11 PM**    Avg. HR: **121 bpm**  
 Activity:     Max. HR: **126 bpm**  
 Total Time: **3:45**    Recovery: **4**

Target Zone:  -   
 Above Zone: **0:00**  **0.0%**  
 In Zone: **0:00**  **0.0%**  
 Below Zone: **3:45**  **100.0%**  
 # Beats: **424**

Comment:

First Lap Warm-Up:  Last Lap Cool-Down: