



20 EN BDE H2F | Physical Pillar



Energy System Development:

% Effort	Energy System Utilized	Duration of Exercise	Work to Rest Ratios
90-100%	Anaerobic (ATP-CP)	5-10 seconds	1:12 to 1:20
75-90%	Anaerobic (Glycolytic)	15-30 seconds	1:3 to 1:5
30-75%	Anaerobic (Glycolytic) and Aerobic	1-3 minutes	1:2 to 1:4 (1:3 ideal)
20-35%	Aerobic	>3 minutes	1:1 to 1:3

Radial Artery HR Conversion:

1. Look at your left wrist with your palm facing up.
2. Use your right hand to grab your wrist, placing your pointer and middle fingers on top and your thumb on the bottom.
3. Make sure your pointer and middle fingers are about an inch from where your wrist and hand meet, on the outside of the tendon on your forearm.
4. Apply firm pressure and count the number of pulses you feel for 15 seconds.
5. Multiply this number by 4 to get your heart rate in beats per minute (BPM).