

SCAFFOLD

Heart rate and blood pressure

	Workload	
	75 watts	300 watts
Heart rate		
Resting		
End of 3-minute exercise period		
First minute of recovery		
Third minute of recovery		
Systolic blood pressure		
Resting		
End of 3-minute exercise period		
First minute of recovery		
Third minute of recovery		
Diastolic blood pressure		
Resting		
End of 3-minute exercise period		
First minute of recovery		
Third minute of recovery		