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20 min on three days per week.

Physical Activity Guidelines Resources - ACSM

Count how many times you feel a pulse in a specific time period. Let's use 15 seconds for this. Start with the first pulse you feel at 0, or if there is lag, start with 1

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second. Determine the heart rate by multiplying the number you got by the right number to get to 60 seconds.

ACSM CPT Chapter 12: Client Fitness
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