

16<sup>th</sup> July 2024.

For Ms. Ashlee Shrivastava

220 → Max. H.R

220

(-) 26 → AGE

(-) 26

194

→ Max. H.R  
@ AGE

194

(-) 70 → R.H.R

(-) 70

124

→ H.R.R

124

x. 60% → TRAINING %

x 85%

74

→ V

105

+ 70 → R.H.R

+ 70

144

→ TARGET  
HEART  
RATE

175

182 - 90%

184 - 92%