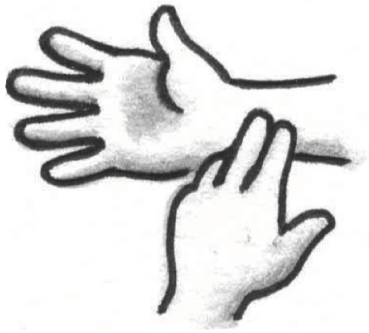
WHO IS THE FITTEST? COUNT YOUR PULSE

Record your pules by counting for **1 minute.** Use a watch or timer to count

TIME	Pre – exercise	Post – exercise

SCIENCE INVESTIGATION

Find your pulse by pressing your first two fingers against the underside of your wrist, below the thumb. Design and conduct an experiment to see how your pulse rate changes after exercise



WHAT'S YOUR 30?
30 MINUTES. 30 DAYS.

DUBAI FITNESS CHALLENGE 30x30

30 OCT - 28 NOV