Cardiorespiratory Assessment



Resting Heart Rate: HR _{max} (estimate):					
HR _{max} (estimate):		-			
•		_			
Blood Pressure (if indicate	ed by PAR-Q/medio	cal history):			
MCA 3-Minute Ste	ep Test				
overy Heart Rate:					
To determine the client's		-		pare the recovery g (7 th ed.) textboo	
Very Poor Poor Be	elow Average	Average	Above Avera	age Good	Excellent
To determine the client	s cardiorespirato				tion time to
	n the NASM Esser	_		mpare the comple g (7 th ed.) textboo	tion time to