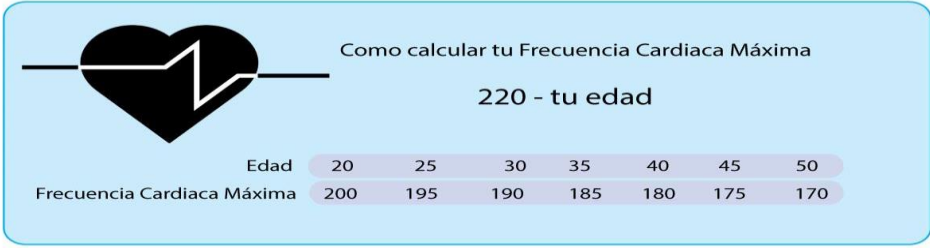


<i>Anthropometric information:</i>	
<i>Weight:</i>	
<i>Height:</i>	

<i>Mark your physical activity zones to be able to develop your training properly:</i>																		
 <p>Como calcular tu Frecuencia Cardiaca Máxima</p> <p>220 - tu edad</p> <table border="1"> <tr> <td>Edad</td> <td>20</td> <td>25</td> <td>30</td> <td>35</td> <td>40</td> <td>45</td> <td>50</td> </tr> <tr> <td>Frecuencia Cardiaca Máxima</td> <td>200</td> <td>195</td> <td>190</td> <td>185</td> <td>180</td> <td>175</td> <td>170</td> </tr> </table>		Edad	20	25	30	35	40	45	50	Frecuencia Cardiaca Máxima	200	195	190	185	180	175	170	<i>My maximum heart rate is:</i>
Edad	20	25	30	35	40	45	50											
Frecuencia Cardiaca Máxima	200	195	190	185	180	175	170											
ZONA 1	<i>50-60% maximum heart rate</i>																	
ZONA 2	<i>60-70% maximum heart rate</i>																	
ZONA 3	<i>70-80% maximum heart rate</i>																	
ZONA 4	<i>80-90% maximum heart rate</i>																	
ZONA 5	<i>90-100% maximum heart rate</i>																	

<i>PHYSICAL FITNESS TRAINING METHODS</i>	
<i>Basic physical skill worked</i>	<i>How to do it, describe the method</i>
<i>Strength - Stamina Circuit training</i>	
<i>Strength - Stamina Total Training</i>	
<i>Stamina Cross walk</i>	
<i>Stamina Continuous run</i>	
<i>Stamina Fartlek</i>	
<i>Stamina Interval training</i>	
<i>Flexibility Static active</i>	
<i>Flexibility Pasive</i>	
<i>Flexibility FNP</i>	