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|  |  | Resting Heart rate (beats/minute) | | |  | GENDER |
| Subject | Exercise | 1 | 2 | 3 | Average | Gender |
| 1 |  |  |  |  | 65 | M |
| 2 |  |  |  |  | 77 | F |
| 3 |  |  |  |  | 62 |  |
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| Exercise (days) | 0-1 | 2-3 | 4-5 | 5 + |
| Subject |  |  |  |  |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |