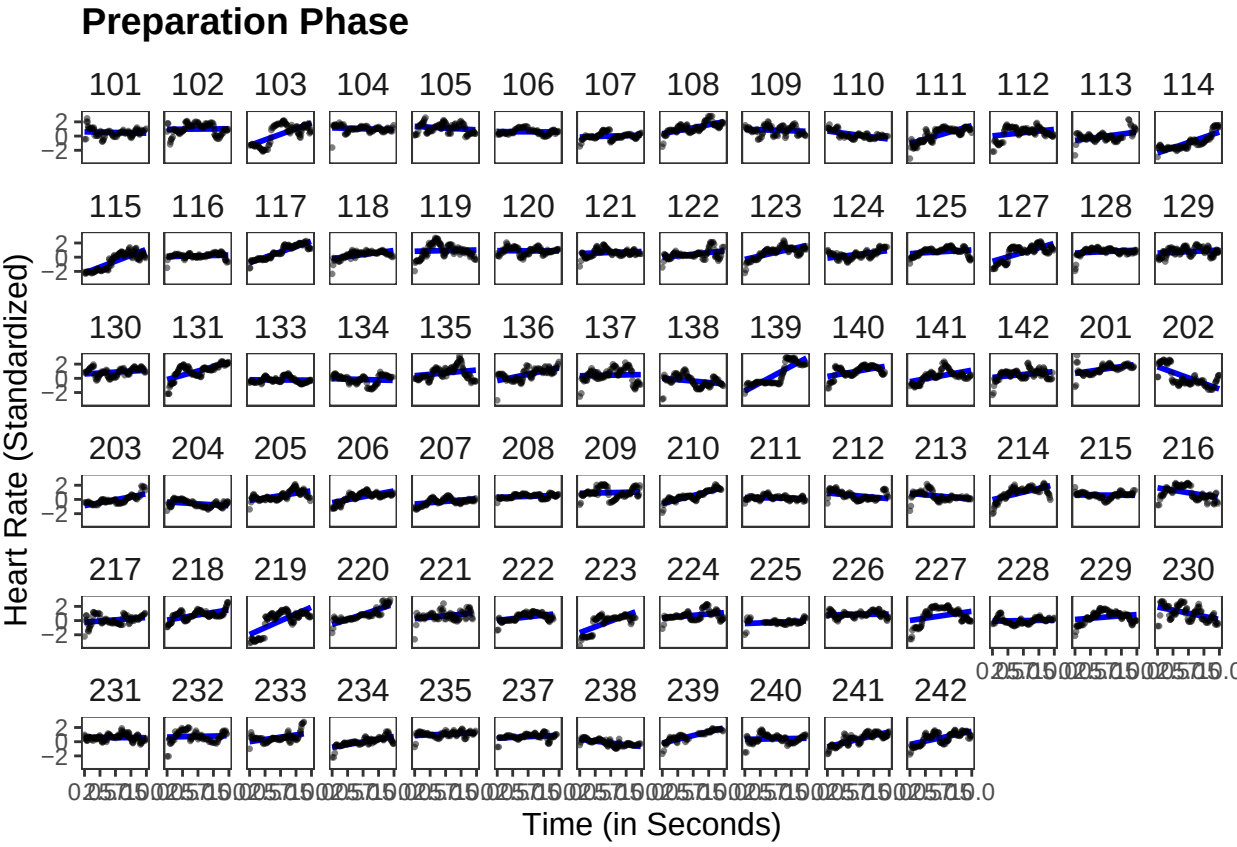
Preparation Phase
101 102 103 104 105 106 107 108 109 110 111 112 113 114
115 116 117 118 119 120 121 122 123 124 125 127 128 129
130 131 133 134 135 136 137 138 139 140 141 142 201 202
203 204 205 206 207 208 209 210 211 212 213 214 215 216
217 218 219 220 221 222 223 224 225 226 227 228 229 230
231 232 233 234 235 237 238 239 240 241 242
Heart Rate (Standardized)
Time (in Seconds)