

Why Do Athletes Have a Lower Heart Rate?

<http://www.livestrong.com/article/385209-why-do-athletes-have-a-lower-heart-rate/>

Does Exercise Lower the Heart Rate?

<http://www.livestrong.com/article/388284-does-exercise-lower-the-heart-rate/>

How to Lower My Resting Pulse Rate

<http://www.livestrong.com/article/365475-how-to-lower-my-resting-pulse-rate/>