

Calculating Heart Rate



1. Calculate the heart rate using the counting small boxes method.



2. Calculate the heart rate using the 6-second rule.



3. Calculate the heart rate using the 6-second rule.

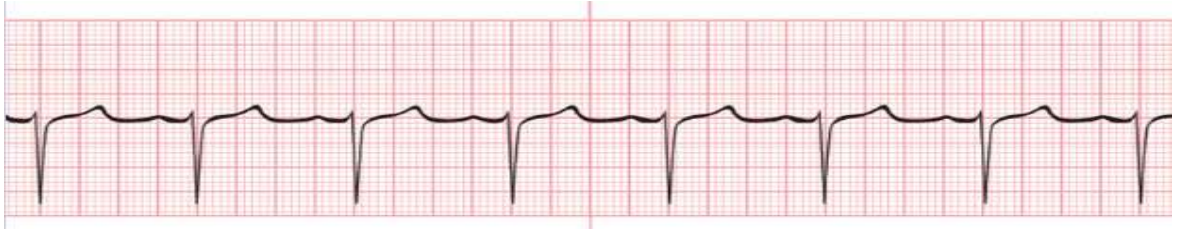


4. Calculate the heart rate using the 6-second rule.



5. Calculate the heart rate using the sequence method.

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6. Calculate the heart rate using the sequence method.



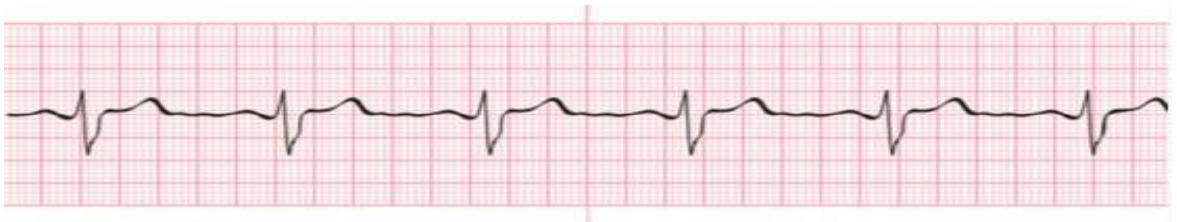
7. Calculate the heart rate using the counting small boxes method.



8. Calculate the heart rate using the counting large boxes method.



9. Calculate the heart rate using the counting small boxes method.



10. Calculate the heart rate using the counting large boxes method.