Datos de Frecuencia Cardiaca
(Heart Rate Data)
Handouts

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Contact Us:
info@focusedfitness.org
509-327-3181, press 3
1. Skip
2. Jog
3. 10 Push-ups
4. Forward Hip Circles
1. Gallop
2. High Knees
3. 20 Crunches
4. Hamstring Hug
1. Carioca
2. Side Slide
3. 10 Burpees
4. Reverse Hip Circles
1. Backward Jog
2. Butt Kickers
3. 15 Mountain Climbers
4. Monster Walk
Choose Your Optical Heart Rate Device

Run Live Heart Rate

Data Automatically Syncs to WELNET

#1 PE Data Management Software and #1 Heart Rate Technology

Contact Focused Fitness for more information about WELNET Wearables Module at 509-327-3181 option 3, info@focusedfitness.org or https://www.focusedfitness.org/software