



**FOCUSED FITNESS**

*Sensible Fitness and Health Programs for Today's Kids*

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## **Datos de Frecuencia Cardiaca (Heart Rate Data) Handouts**

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**@FocusedFitness2**

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**Contact Us:**

**[info@focusedfitness.org](mailto: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





# PHYSICAL LITERACY IS A JOURNEY THAT INCLUDES THE HEART

Polar GoFit data is stored in WELNET and accessible via the internet. With Polar & WELNET Wearables Module you're able to analyze data from heart rate, fitness measurements, cognitive assessments, motor skills, behavioral logs, etc. to validate and support quality physical education. You can create reports at the district, school, class and student level. There is now one location for all fitness and health data.

**Recommended Devices: Polar A370 & OH1**

**Also Compatible With: Polar H7, H10, M200, A360 & M430**



**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](mailto:info@focusedfitness.org) or <https://www.focusedfitness.org/software>