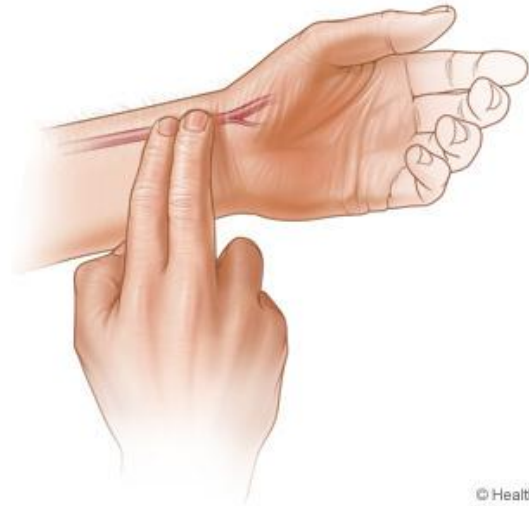


How to take pulse and where to wear heart rate monitor

How to feel Carotid Artery Pulse. (pulse in the neck)



How to feel Radial Artery Pulse. (pulse in the wrist)



Where to properly put HRM (Heart Rate Monitor) Transmitter on chest.



Heart Rate Zones

