

Pulse (Heart Rate) o Purpose: To assess cardiovascular response before, during, and after exercise.o Monitor for signs of respiratory distress.o Detect abnormal rhythms (e.g., tachycardia, bradycardia, arrhythmias).o Application: o Check baseline BP before starting sessions, especially in hypertensive or cardiac patients.o Application: o Determine baseline fitness level.Blood Pressure (BP) o Purpose: Evaluate the cardiovascular system's response to rest and activity.o Monitor for hypotensive or .hypertensive reactions during therapy.o Monitor exercise intensity. ?2. ?3. ?4. ?5