

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.