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1 Chapter 7: Cardiovascular Fitness Lesson 7.1: Cardiovascular Fitness Facts Self-Assessment 7: Cardiovascular Fitness—Step Test and One-Mile Run. 8 Lesson 7.1: Cardiovascular Fitness Facts Answer The heart benefits by being able to pump more blood per beat.

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Lesson 7.2 Building Cardiovascular Fitness. Answer : The first is called the heart rate range (HRR) method. This formula uses the range between your resting and maximal heart rates for calculation. 13 Lesson 7.2 Building Cardiovascular Fitness Answer (continued) 14 Lesson 7.2 Building Cardiovascular Fitness. Answer (continued)

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