

Grupo: Control (reposo)

| Nombre: | tiempo (min) | Frecuencia cardiaca | Frecuencia respiratoria | Temperatura | Presión arterial |
|---------|--------------|---------------------|-------------------------|-------------|------------------|
|         | T= 0         |                     |                         |             |                  |
|         | T= 3         |                     |                         |             |                  |
|         | T=5          |                     |                         |             |                  |
|         | T= 0         |                     |                         |             |                  |
|         | T= 3         |                     |                         |             |                  |
|         | T=5          |                     |                         |             |                  |
|         | T= 0         |                     |                         |             |                  |
|         | T= 3         |                     |                         |             |                  |
|         | T=5          |                     |                         |             |                  |
|         | T= 0         |                     |                         |             |                  |
|         | T= 3         |                     |                         |             |                  |
|         | T=5          |                     |                         |             |                  |

Grupo: Pesas

| Nombre | Tiempo (min) | Frec. Cardíaca | Frec. respiratoria | Temperatura | Presión Arterial |
|--------|--------------|----------------|--------------------|-------------|------------------|
|        | T= 0         |                |                    |             |                  |
|        | T= 3         |                |                    |             |                  |
|        | T= 5         |                |                    |             |                  |
|        | T= 0         |                |                    |             |                  |
|        | T= 3         |                |                    |             |                  |
|        | T= 5         |                |                    |             |                  |
|        | T= 0         |                |                    |             |                  |
|        | T= 3         |                |                    |             |                  |
|        | T= 5         |                |                    |             |                  |
|        | T= 0         |                |                    |             |                  |
|        | T= 3         |                |                    |             |                  |
|        | T= 5         |                |                    |             |                  |

Grupo: Caminar

| Nombre | Tiempo (min) | Frecuencia Cardíaca | Frecuencia respiratoria | Temperatura | Presión Arterial |
|--------|--------------|---------------------|-------------------------|-------------|------------------|
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |

Grupo: Correr

| Nombre | Tiempo (min) | Frecuencia cardiaca | Frecuencia respiratoria | Temperatura | Presión Arterial |
|--------|--------------|---------------------|-------------------------|-------------|------------------|
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |
|        | T= 0         |                     |                         |             |                  |
|        | T= 3         |                     |                         |             |                  |
|        | T= 5         |                     |                         |             |                  |