

# Promoting **Calculation** skills through Technical Routes

## Working in the Fitness Industry

$$\text{Body mass index (BMI)} = \frac{\text{weight in kilograms (kg)}}{\text{height in metres (m)}^2} \div \text{your height again}$$

**Calories burnt**

Kcal per hour

**Target HR zone**

60-80% of MHR

**Maximum heart rate**

220 - age = MHR

**Heart rate**

BPM

**Running cadence**

Steps per minute

**Angle of inclination**

Degrees (0-10°)



**Speed**

(kph or mph)

**Time - length of workout**

(minutes)

**Set treadmill inclination**

% (percentages)