Abstract

In this present article we try to analyze the Herat Rate during training activities in tumbling gymnasts with a national and international skill, with the idea of obtaining information about how this changes throughout it and being able to use this information in the volume and intensities planning. For this we analyzed the HR registry of 8 gymnast aged between 18 and 23 years using several Polar Sport Tester heart monitors.

Keywords

Gymnasts, Tumbling, Herat Rate.