

How to Check Your Pulse



1

Turn one arm, so your palm is facing up.



2

Place the middle three fingers of the other arm in the upper groove of the upturned wrist, below where your thumb connects to your wrist.



3

Press firmly. You should feel a subtle pulsing (beating or throbbing) sensation. If you can't feel anything, apply more pressure with the tips of your fingers.



4

Count each pulse you feel for 30 seconds. (A clock or stopwatch is helpful.)



5

Double the number of pulses you counted. This equals your heart rate in beats per minute (bpm). If you counted 40 pulses, multiply that by two. Your heart rate is 80 bpm.

How To Check Antize

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