

below that may signal a health condition

bpm 100-120 bpm 120-160 bpm 160-200 bpm 200-240 bpm 240-280 bpm 280-320 bpm 320-360 bpm 360-400 bpm 400-440 bpm 440-480 bpm 480-520 bpm 520-560 bpm 560-600 bpm 600-640 bpm 640-680 bpm 680-720 bpm 720-760 bpm 760-800 bpm 800-840 bpm 840-880 bpm 880-920 bpm 920-960 bpm 960-1000 bpm

bpm 100 bpm 120 bpm 140 bpm 160 bpm 180 bpm 200 bpm 220 bpm 240 bpm 260 bpm 280 bpm 300 bpm 320 bpm 340 bpm 360 bpm 380 bpm 400 bpm 420 bpm 440 bpm 460 bpm 480 bpm 500 bpm 520 bpm 540 bpm 560 bpm 580 bpm 600 bpm 620 bpm 640 bpm 660 bpm 680 bpm 700 bpm 720 bpm 740 bpm 760 bpm 780 bpm 800 bpm 820 bpm 840 bpm 860 bpm 880 bpm 900 bpm 920 bpm 940 bpm 960 bpm 980 bpm 1000 bpm

30 bpm 60 bpm 90 bpm 120 bpm 150 bpm 180 bpm 210 bpm 240 bpm 270 bpm 300 bpm 330 bpm 360 bpm 390 bpm 420 bpm 450 bpm 480 bpm 510 bpm 540 bpm 570 bpm 600 bpm 630 bpm 660 bpm 690 bpm 720 bpm 750 bpm 780 bpm 810 bpm 840 bpm 870 bpm 900 bpm 930 bpm 960 bpm 990 bpm 1020 bpm

bpm 80 bpm 100 bpm 120 bpm 140 bpm 160 bpm 180 bpm 200 bpm 220 bpm 240 bpm 260 bpm 280 bpm 300 bpm 320 bpm 340 bpm 360 bpm 380 bpm 400 bpm 420 bpm 440 bpm 460 bpm 480 bpm 500 bpm 520 bpm 540 bpm 560 bpm 580 bpm 600 bpm 620 bpm 640 bpm 660 bpm 680 bpm 700 bpm 720 bpm 740 bpm 760 bpm 780 bpm 800 bpm 820 bpm 840 bpm 860 bpm 880 bpm 900 bpm 920 bpm 940 bpm 960 bpm 980 bpm 1000 bpm

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