FEEL THE BURN

We know that as the heart rate increases the breathing rate increases as well. But why? In order to find out, you will get to exercise again. Everyone in the group will use the same exercise now as you did during the "Exercise Lab". This time, you do not need to record your heart rate or breathing rate. Everyone in your group will perform the exercise *while holding their breath*. The data you record will be how long each person exercises before they must breathe again. Each person must do the exercise three times while holding their breath and record the data on a data chart that you create (define "data chart").

Vhy do you think that you cannot exercise for very long without breathing?						