Materials Used
11: MATERIALS USED:

- Weighing scale
- Instrument to measure lactate i.e. lactometer
- Measure tape
- Sphygmomanometer
- PRE scale (Perceived rate of exertion)
- Watch
- Oxymeter
- Cycle
- PFT Machine
- Pen and paper
Figure 36: PFT instrument

Figure 37: Lactometer and its strips

- Lactometer
- Lancet and its instrument
- Measure tape
- Blood lactate measurement strip
• Oxymeter and pen

Figure 38: Ergo cycle

Figure 39: Sphygmomanometer and weighing scale

• Weighing scale
• Sphygmomanometer