

## Adequate load :

1. The state of health is satisfactory , there is a sharply pronounced signs of fatigue. Pulse varies according to motor mode : on bed + 8 , ward 16 , 24 free , 180 Train - age . Blood pressure : systolic increases up to +40 mm. Hg. Art. diastolic -  $\square$ 10 mm. Hg. Art. Breathing increases to 6-8 respiratory Ruhov , synchronous with the pulse. These mutations both updated after 3-5 minutes .