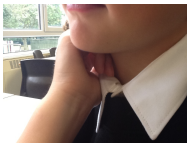
# pulse rate

When someone takes a pulse you might have some spots where you can't feel it due to this there are many more were you may find a pulse.

rhys and james top tip on how to find your pulse.

you can find a pulse adams apple behind your knee also on your wrist



00:10

james morgan and rhys nicholson

were you will find a pulse

Pulse Rate

at the end of your toe also.

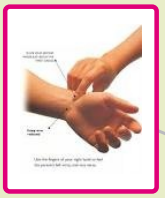
this is someone finding there pulse

when you exersice your pulse rate gets faster.

then you are done

what you dont use

when you feel your pulse rate you use your middle and your index fingers



what exercise does.

you never use your thumb because it has a faint pulse in it

What fingers do you use

After that you feel your pulse for around 1 minute or 6 seconds then times it by 10 but it won't be as acurrate.

These are the two fingers you would use when checking your pulse.

Secondly for about 10 seconds keep trying your pulse.

Step 3

step 1

Firstly you get your two fingers(middle and index) then you find your pulse .

step 2