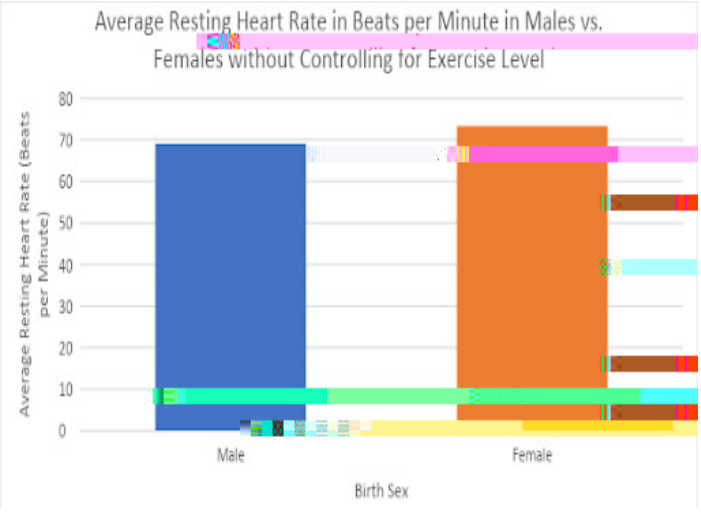

Figure 3. Average resting heart rate in males vs. females in BPM without taking exercise levels into account. The bar graph shows that when average the resting heart rates of males and females across all exercise groups, females, on average, have a higher resting heart rate than males. Data relates to the second hypothesis and prediction.

Discussion

The frst hypothesis