

Electrolyte

| | Value | Exercise |
|-------------|----------------|-----------------|
| Sodium | 135-145 mmol/L | Jumping Jacks |
| Potassium | 3.5-5 mEq/L | Squats |
| Calcium | 9-10.5 mg/dl | Knee ups |
| Magnesium | 1.3-2.1 mEq/L | Butt Kicks |
| Chloride | 98-106 mEq/L | Arm Circles |
| Phosphate | 3.0-4.5 mg/dL | Arm Raises |
| Bicarbonate | 22-26 mEq/L | March in place |