Exercise Therapy. Perform a hypertension evaluation on yourself. (This evaluation is to be done only if medically approved.) The purpose of this assignment is to understand the bodies’ basic response to exercise. Take a resting blood pressure. After taking the blood pressure take your blood pressure while doing moderate to vigorous aerobic exercise. On another occasion take your blood pressure after doing mild- moderate arm curls, also mild- moderate bench press, then take your blood pressure after doing mild to moderate leg extension and leg press. Explain what happened and why the reading might have been different. See what happens when you hold your breath. Consider what influence supine has over seated bench press, or seated leg press vs. inverted leg press. After doing this self evaluation design a comprehensive exercise program for a hypertensive 50 year old male with a resting BP of 145/92. Explain why every exercise is included.