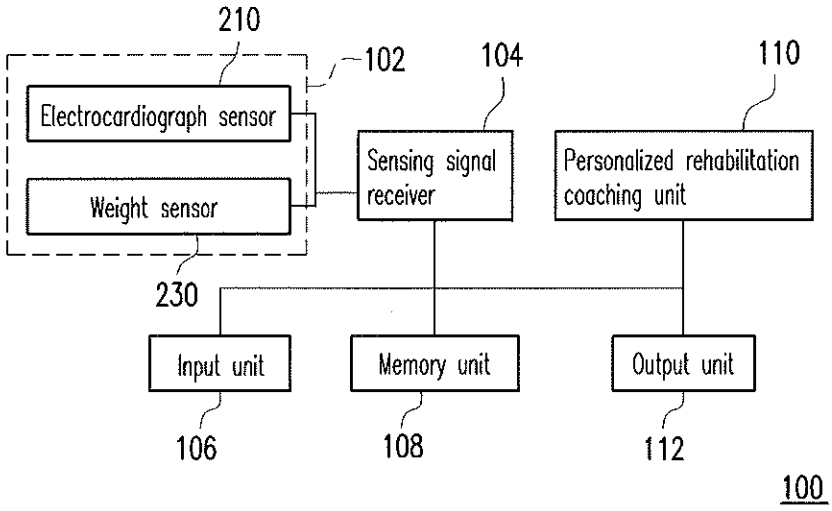

210
102
104
110
Electrocardiograph sensor
Weight sensor
Sensing signal receiver
Personalized rehabilitation coaching unit
230
Input unit
Memory unit
Output unit
106
108
112
100

FIG. 1

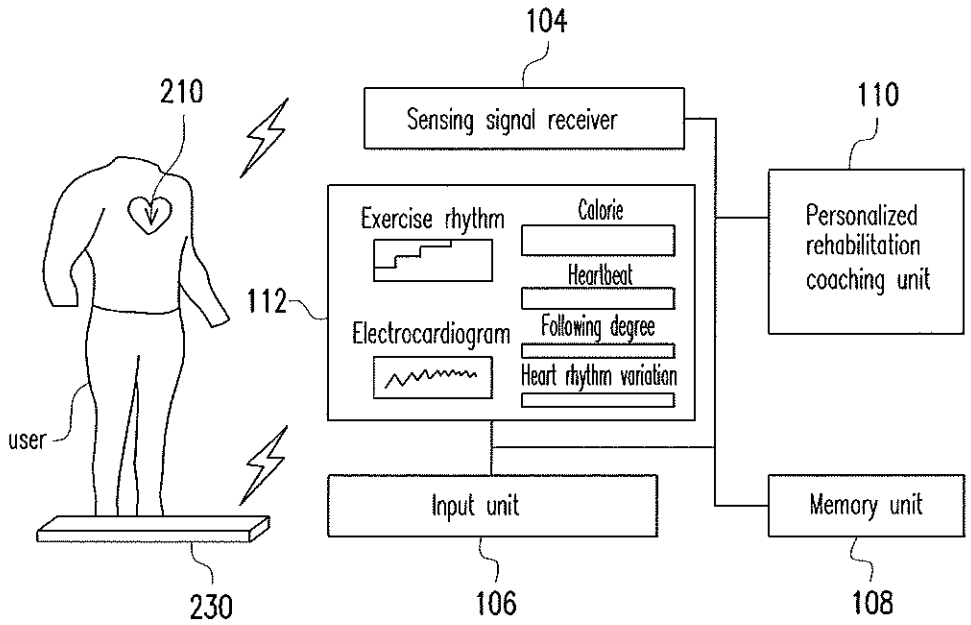

104
210
Sensing signal receiver
110
Exercise rhythm
Calorie
Heartbeat
112
Electrocardiogram
Following degree
Heart rhythm variation
Personalized rehabilitation coaching unit
user
Input unit
Memory unit
230
106
108

FIG. 2

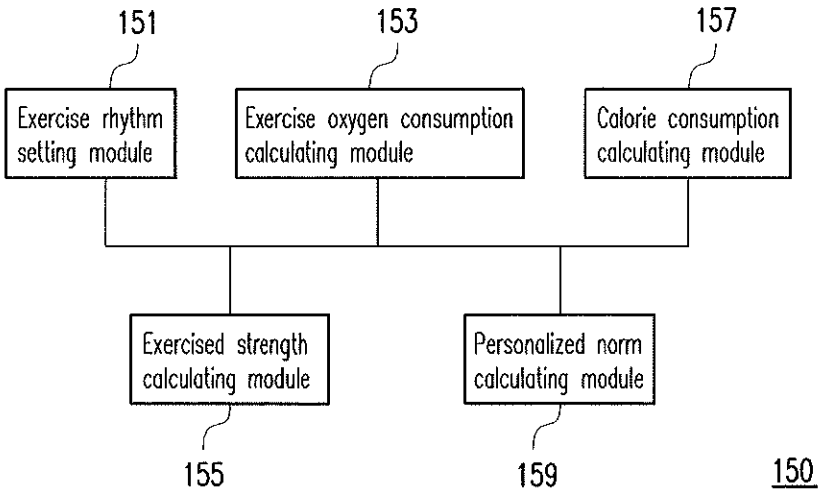

151
153
157
Exercise rhythm setting module
Exercise oxygen consumption calculating module
Calorie consumption calculating module
Exercised strength calculating module
Personalized norm calculating module
155
159
150

FIG. 3

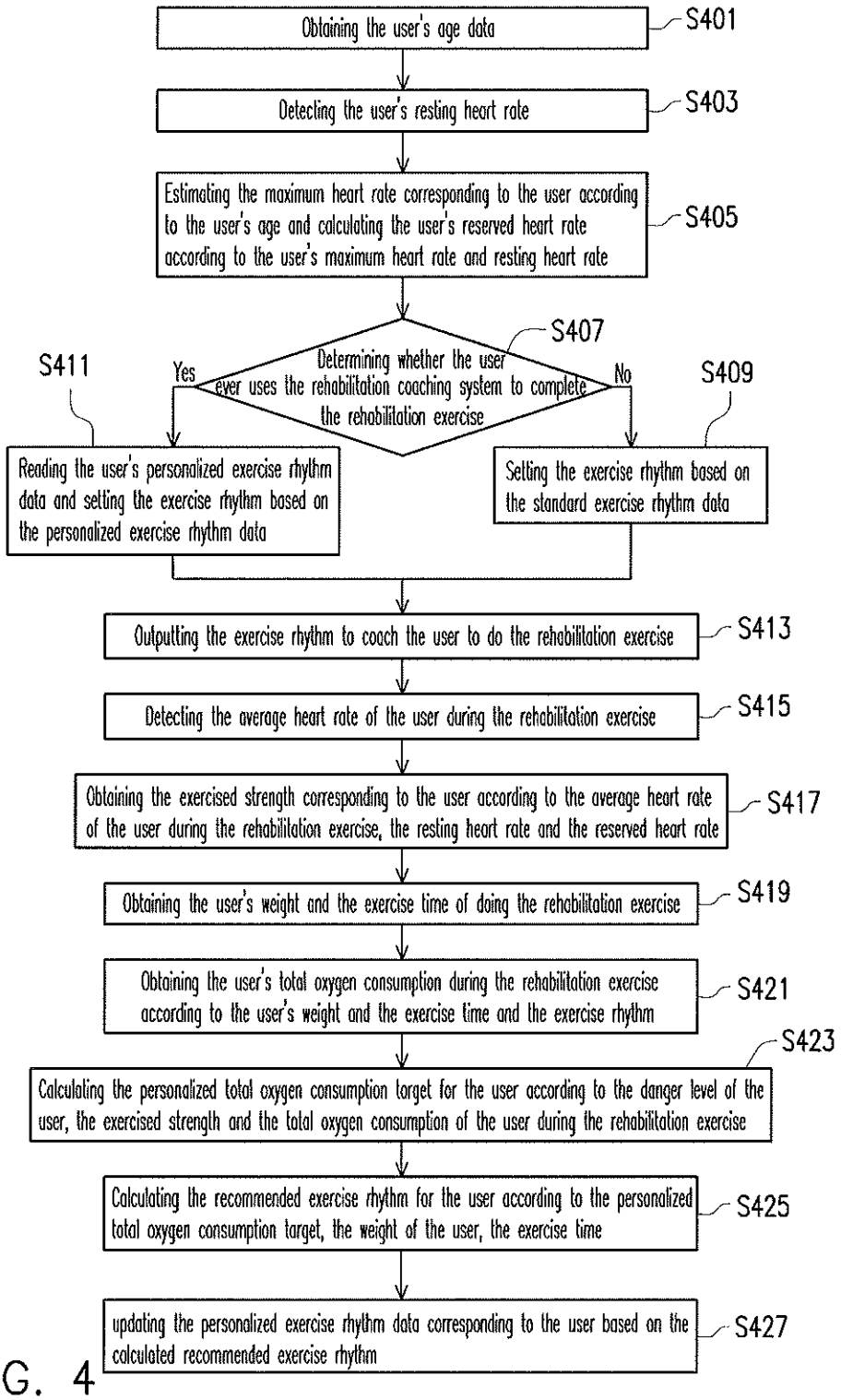

Obtaining the user's age data
S401
Detecting the user's resting heart rate
S403
Estimating the maximum heart rate corresponding to the user according to the user's age and calculating the user's reserved heart rate according to the user's maximum heart rate and resting heart rate
S405
S407
Determining whether the user ever uses the rehabilitation coaching system to complete the rehabilitation exercise
Yes
No
S411
S409
Reading the user's personalized exercise rhythm data and setting the exercise rhythm based on the personalized exercise rhythm data
Setting the exercise rhythm based on the standard exercise rhythm data
Outputting the exercise rhythm to coach the user to do the rehabilitation exercise
S413
Detecting the average heart rate of the user during the rehabilitation exercise
S415
Obtaining the exercised strength corresponding to the user according to the average heart rate of the user during the rehabilitation exercise, the resting heart rate and the reserved heart rate
S417
Obtaining the user's weight and the exercise time of doing the rehabilitation exercise
S419
Obtaining the user's total oxygen consumption during the rehabilitation exercise according to the user's weight and the exercise time and the exercise rhythm
S421
S423
Calculating the personalized total oxygen consumption target for the user according to the danger level of the user, the exercised strength and the total oxygen consumption of the user during the rehabilitation exercise
Calculating the recommended exercise rhythm for the user according to the personalized total oxygen consumption target, the weight of the user, the exercise time
S425
updating the personalized exercise rhythm data corresponding to the user based on the calculated recommended exercise rhythm
S427

FIG. 4