Table 1. Distribution of systemic cardiac output at rest and during strenuous exercise.

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|  | **Flow at rest (ml/min)** | **Flow during strenuous exercise (ml/min)** |
| Brain | 650 (13%) | 750 (4%) |
| Heart | 215 (4%) | 750 (4%) |
| Skeletal muscle | 1030 (20%) | 12,500 (73%) |
| Skin | 430 (9%) | 1900 (11%) |
| Kidneys | 950 (20%) | 600 (3%) |
| Abdominal organs | 1200 (24%) | 600 (3%) |
| Other | 525 (10%) | 400 (2%) |
| **Total** | **5000** | **17,500** |