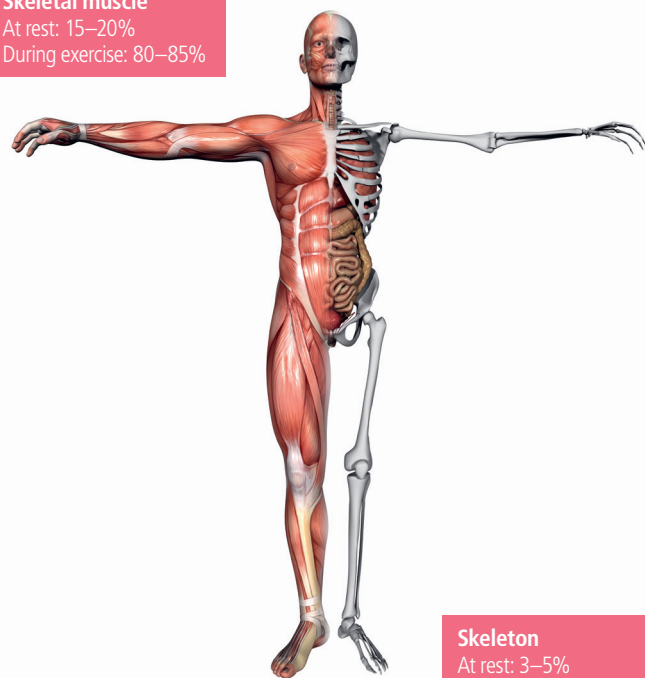


Skeletal muscle
At rest: 15–20%
During exercise: 80–85%



Skeleton
At rest: 3–5%
During exercise: 0.5–1%

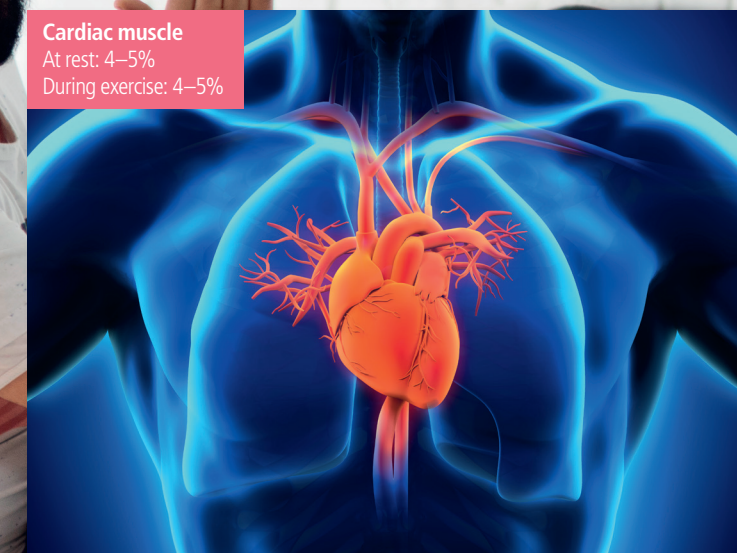
Intestines
At rest: 20–25%
During exercise: 3–5%



Kidneys
At rest: 20%
During exercise: 2–4%



Cardiac muscle
At rest: 4–5%
During exercise: 4–5%



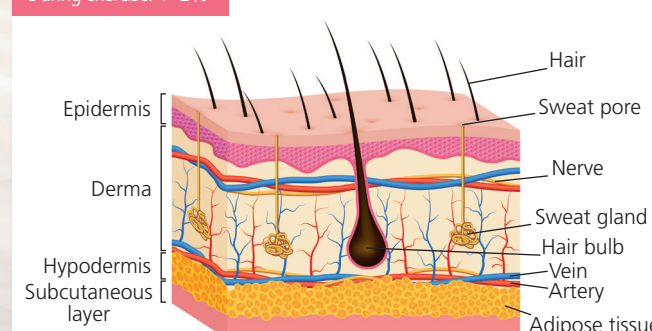
Box | Cardiac output

- At rest = 5 litres per minute
- During vigorous exercise: 25 litres per minute

Brain
At rest: 15%
During exercise: 3–4%



Skin
At rest: 4–5%
During exercise: 1–2%



The redistribution of blood flow during exercise

The distribution of blood flow is different at rest compared to during exercise. During exercise, the skeletal muscles require more oxygen, so more blood needs to be redirected to them in order to meet this increase in oxygen demand. The redirecting of blood flow to the areas where it is most needed is known as the **vascular shunt mechanism**.