



HEART ZONE TRAINING®

| Training Zone (% maximum heart rate) | Heart Training | | | | | | | | | | | | | | | |
|-----------------------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Z5 RED LINE 90%-100% | GLYCOGEN BURNING | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR | Max HR |
| | | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 215 | 220 |
| 135 | | 140 | 144 | 149 | 153 | 158 | 162 | 167 | 171 | 176 | 180 | 185 | 189 | 194 | 198 | |
| Z4 THRESHOLD 80%-90% | | 135 | 140 | 144 | 149 | 153 | 158 | 162 | 167 | 171 | 176 | 180 | 185 | 189 | 194 | 198 |
| | | 120 | 124 | 128 | 132 | 136 | 140 | 144 | 148 | 152 | 156 | 160 | 164 | 168 | 172 | 176 |
| Z3 AEROBIC 70%-80% | | 120 | 124 | 128 | 132 | 136 | 140 | 144 | 148 | 152 | 156 | 160 | 164 | 168 | 172 | 176 |
| | | 105 | 109 | 112 | 116 | 119 | 123 | 126 | 130 | 133 | 137 | 140 | 144 | 147 | 151 | 154 |
| Z2 TEMPERATE 60%-70% | | 105 | 109 | 112 | 116 | 119 | 123 | 126 | 130 | 133 | 137 | 140 | 144 | 147 | 151 | 154 |
| | | 90 | 93 | 96 | 99 | 102 | 105 | 108 | 111 | 114 | 117 | 120 | 123 | 126 | 129 | 132 |
| Z1 HEALTHY HEART 50%-60% | | 90 | 93 | 96 | 99 | 102 | 105 | 108 | 111 | 114 | 117 | 120 | 123 | 126 | 129 | 132 |
| | 75 | 78 | 80 | 83 | 85 | 88 | 90 | 93 | 95 | 98 | 100 | 103 | 105 | 108 | 110 | |

5 STEPS TO BETTER FITNESS AND PERFORMANCE

1. Choose your Heart Zone (what size of the five different training zones based on the exercise goals for your workout).
2. Set your Maximum Heart Rate: Find your maximum heart rate (Max HR) along the top horizontal row of numbers.
3. Determine your Training Zone: The box where your selected training zone and Max HR column intersect is your heart rate training zone.
4. Set the Zone: The lower heart rate number in this box is the floor of your training zone and the upper number is the ceiling.
5. Stay in Zone: During each workout, maintain your heart rate between your zone floor and ceiling (excluding warm up and cool down).

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Heart Rate Monitor Log To Heart Zone

Peipei Pang



Heart Rate Monitor Log To Heart Zone:

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