

TARGET HEART RATE

Guide



MAX



20 30

40

50 60

00

180 171 166 153 144



HARD



20 30

40 50

50 60

160 152 144 136 128



MODERATE



20 30

40

50 60

140 133 126 119 112



LIGHT



20

30

40

50

60

1,20 114 108 102 96



VERY

50-60% effort 20

30

40

50

100

95

90

85

80

60

Hearts In 34 Time

Lei Shi

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