



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	
	FAT BURNING																

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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(U.S. Patent # 5,916,481; 6,481,733; 6,481,734; 6,481,735; 6,481,736; 6,481,737; 6,481,738; 6,481,739; 6,481,740; 6,481,741; 6,481,742; 6,481,743; 6,481,744; 6,481,745; 6,481,746; 6,481,747; 6,481,748; 6,481,749; 6,481,750; 6,481,751; 6,481,752; 6,481,753; 6,481,754; 6,481,755; 6,481,756; 6,481,757; 6,481,758; 6,481,759; 6,481,760; 6,481,761; 6,481,762; 6,481,763; 6,481,764; 6,481,765; 6,481,766; 6,481,767; 6,481,768; 6,481,769; 6,481,770; 6,481,771; 6,481,772; 6,481,773; 6,481,774; 6,481,775; 6,481,776; 6,481,777; 6,481,778; 6,481,779; 6,481,780; 6,481,781; 6,481,782; 6,481,783; 6,481,784; 6,481,785; 6,481,786; 6,481,787; 6,481,788; 6,481,789; 6,481,790; 6,481,791; 6,481,792; 6,481,793; 6,481,794; 6,481,795; 6,481,796; 6,481,797; 6,481,798; 6,481,799; 6,481,800; 6,481,801; 6,481,802; 6,481,803; 6,481,804; 6,481,805; 6,481,806; 6,481,807; 6,481,808; 6,481,809; 6,481,810; 6,481,811; 6,481,812; 6,481,813; 6,481,814; 6,481,815; 6,481,816; 6,481,817; 6,481,818; 6,481,819; 6,481,820; 6,481,821; 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Heart Rate Monitoring Guide

S Ashworth



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