

HEART ZONE TRAINING®

Training Zone (% maximum heart rate)	=															
Z5 RED LINE 90%-100%	URNING				+				+			1000	+.,	100	100	
Z4 THRESHOLD 80%-90%	IING GLYCOGEN B	135	1	144	149 1 132	1	158 i 140	162	167 1 148	171 1 152	176 1 156		185 1 164	1	1	1
Z3 AEROBIC 70%-80%		120	124 1 109	128	132 1 116		140 123		148 1 130	1	156 1 137	1	164	168	1	
I2 TEMPERATE 60%-70%		105	109	112	116	119	123 1 105		130	133	. 1	140		147	151 1 129	154
Z1 HEALTHY HEART 50%-60%	FAT BURN	90 1 75	93 1 78	96 1 80	99 1 83	102 85	105 88	108	111 93	114	117 	120	123 1 103	126 1 105	1	132

5 STEPS TO BETTER FITNESS AND PERFORMANCE

1. Choose your fourt lives below one of the fire different training come based on the exercise goals for your worked

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3. Setterading your Redwing Steen the loss where your pointful testining your and Man All column interest is your larget year testining comm.

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^{4.} But the Same the lower house own number to this has it the Same of past training come and the apper contact is the selling.

5. May be Same thering such contact, materials your house rate between your your floor and celling invaliding yours up and seel drovel.

Heart Rate Monitor Ing Guide

Fernando Arias, Amarnath G Bhide, Arulkumaran S, Kaizad Damania, Shirish N Daftary **Heart Rate Monitor Ing Guide:**

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