

# HEART RATE TRAINING

## Fitness Level

On your treadmill, use the heart rate hand grips to monitor your heart beat

Target Zone	Heart Rate % of HR max bpm	Feels Like	Recommended Exercise Duration	Training Benefits
<b>5 Maximum</b>	<b>90-100%</b>	Very hard breathing, muscles are approaching failure	<b>less than 5 minutes</b>	<b>Fuel Burned:</b> Exclusively carbohydrates <b>Recommend for:</b> Only fit individuals or youth athletes
<b>4 Hard</b>	<b>80-90%</b>	Hard breathing	<b>2 to 10 minutes</b>	<b>Fuel Burned:</b> Almost exclusively carbohydrates <b>Recommend for:</b> Relatively fit Individuals
<b>3 Moderate</b>	<b>70-80%</b>	Moderate to hard breathing	<b>10 to 40 minutes</b>	<b>Fuel Burned:</b> Equal fat and carbohydrates <b>Recommend for:</b> Intermediate and relatively fit individuals <b>Optimal fat burning zone</b>
<b>2 Light</b>	<b>60-70%</b>	Light to moderate breathing	<b>40 to 80 minutes</b>	<b>Fuel Burned:</b> Moderate fat with some carbohydrates <b>Recommend for:</b> Beginners and intermediate warm-up
<b>1 Very Light</b>	<b>50-60%</b>	Feels Like: Light Breathing	<b>20 to 40 minutes</b>	<b>Fuel Burned:</b> Minimal fat and carbohydrates <b>Recommend for:</b> Beginners, rehab, post cardiac, as warm-up

# HEART RATE RANGE

Ages	15-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	61-65	66-70	71-80
<b>Zone 5 90-100%</b>	<b>180-200</b>	<b>176-195</b>	<b>171-190</b>	<b>167-185</b>	<b>162-180</b>	<b>158-175</b>	<b>153-170</b>	<b>149-165</b>	<b>144-160</b>	<b>140-155</b>	<b>135-150</b>	<b>126-140</b>
<b>Zone 4 80-90%</b>	<b>160-180</b>	<b>156-176</b>	<b>152-171</b>	<b>148-167</b>	<b>144-162</b>	<b>140-158</b>	<b>136-153</b>	<b>132-149</b>	<b>128-144</b>	<b>124-140</b>	<b>120-135</b>	<b>112-126</b>
<b>Zone 3 70-80%</b>	<b>140-160</b>	<b>137-156</b>	<b>133-152</b>	<b>130-148</b>	<b>126-144</b>	<b>123-140</b>	<b>119-136</b>	<b>116-132</b>	<b>112-128</b>	<b>109-124</b>	<b>105-120</b>	<b>98-112</b>
<b>Zone 2 60-70%</b>	<b>120-140</b>	<b>117-137</b>	<b>114-133</b>	<b>111-130</b>	<b>108-126</b>	<b>105-123</b>	<b>102-119</b>	<b>99-116</b>	<b>96-112</b>	<b>93-109</b>	<b>90-105</b>	<b>84-98</b>
<b>Zone 1 50-60%</b>	<b>100-120</b>	<b>98-117</b>	<b>95-114</b>	<b>93-111</b>	<b>90-108</b>	<b>88-105</b>	<b>85-102</b>	<b>83-99</b>	<b>80-96</b>	<b>78-93</b>	<b>75-90</b>	<b>70-84</b>

- ❖ Based on Polar USA recommendations
- ❖ Always consult a physician before engaging in any exercise program
- ❖ Ask a Trainer about Heart Rate Monitors and proper use for attaining specific goals.

### Calculate your heart rate based on intensity %

- 220 minus your age
- Multiply by your desired intensity %

### Example based on a 40 year old individual.

- $220 - 40(\text{age}) = 180$  max heart rate
- $180 \times 85\% = 153$  heart rate at 85% intensity