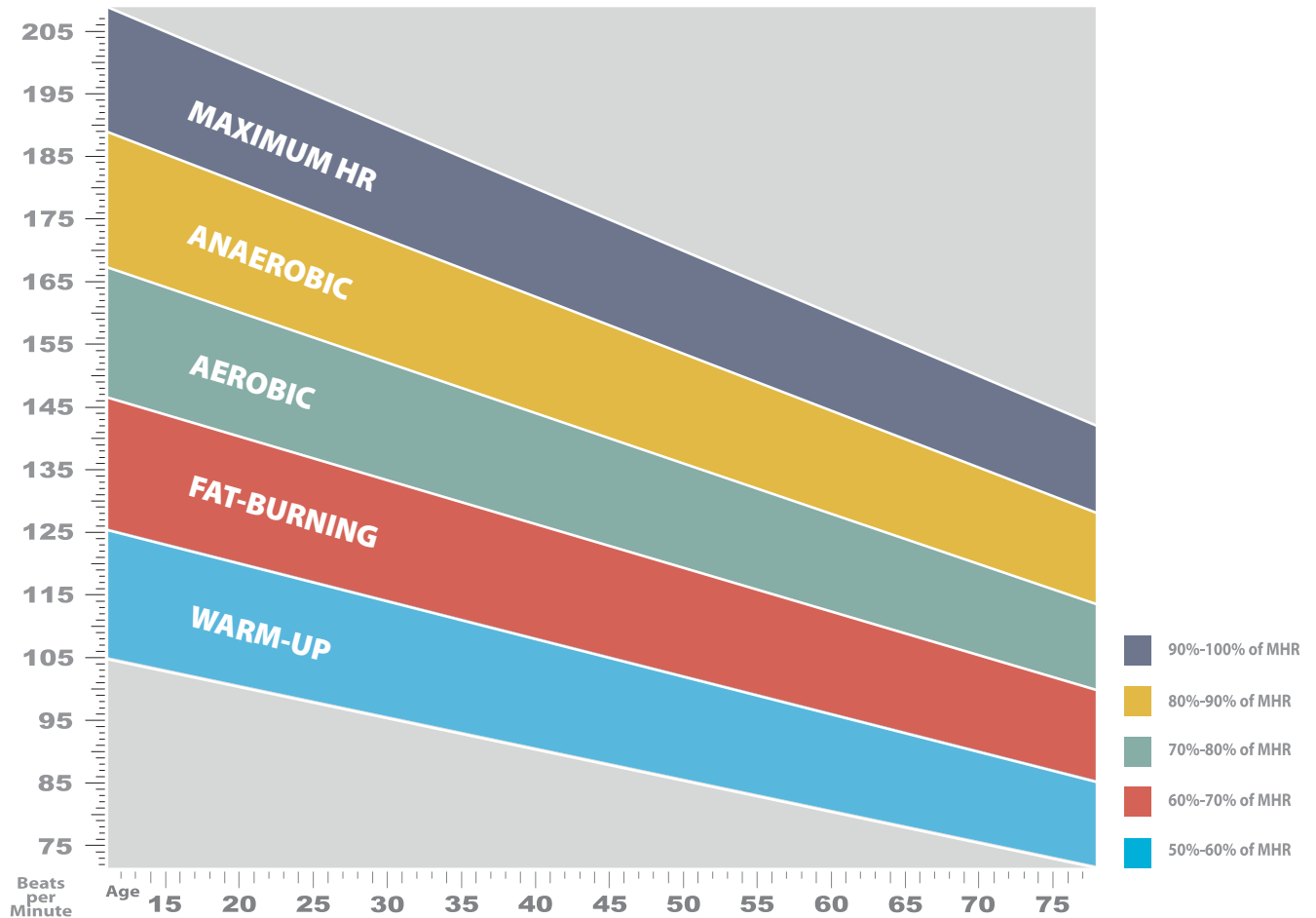


With each heart beat blood is pushed through your body.
The contraction frequency of your heart is know as the heart rate (HR)



WHAT'S YOUR TARGET HEART RATE ZONE?

One method to monitor exercise intensity is to recognize the different **heart rate zones**.

The **FAT-BURNING ZONE** is often referred to as the **Target Heart Rate Zone**.

To calculate your **THR Zone**, use this formula

- 226 - Age = Max HR (women)
- 220 - Age = Max HR (men)
- Max HR x .85 = Top of Zone
- Max HR x .65 = Bottom of Zone

| | | | | | | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 100% | 200 | 195 | 190 | 185 | 180 | 175 | 170 | 165 | 160 | 155 | 150 |
| 90% | 180 | 176 | 171 | 167 | 162 | 158 | 153 | 149 | 144 | 140 | 135 |
| 80% | 160 | 156 | 152 | 148 | 144 | 140 | 136 | 132 | 128 | 124 | 120 |
| 70% | 140 | 137 | 133 | 130 | 126 | 123 | 119 | 116 | 112 | 109 | 105 |
| 60% | 120 | 117 | 114 | 111 | 108 | 105 | 102 | 99 | 96 | 93 | 90 |
| 50% | 100 | 98 | 95 | 93 | 90 | 88 | 85 | 83 | 80 | 78 | 75 |
| Age | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 |

Your THR Zone: These numbers will establish the upper and lower limits of your THR Zone. By keeping your heart rate between these two number during exercise-- your body will burn fat in the most efficient manner (by % energy expenditure/fat-loss)