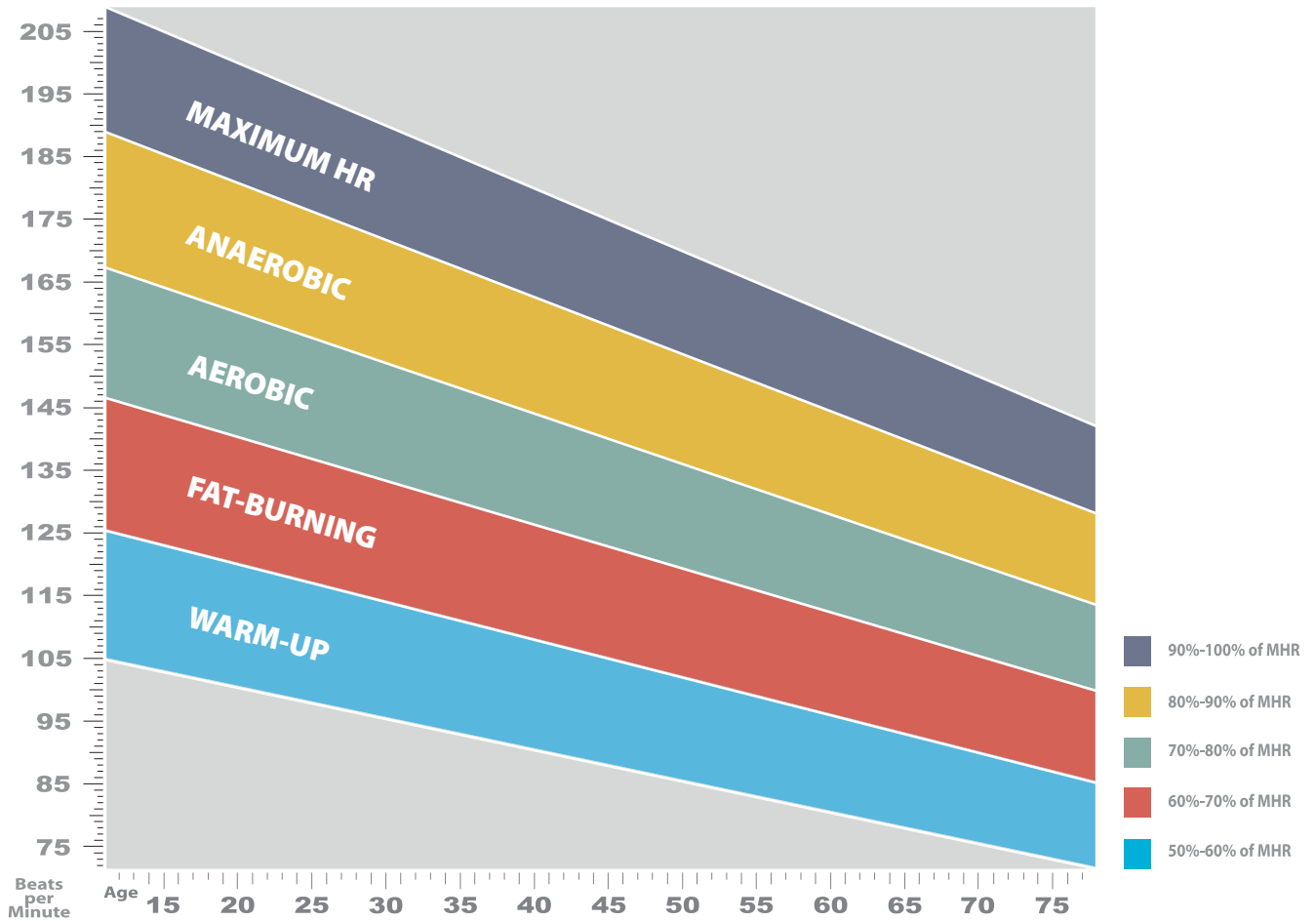




The Master's Club

Fitness & Lifestyle Wellness

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

$$226 - \text{Age} = \text{Max HR (women)}$$

$$220 - \text{Age} = \text{Max HR (men)}$$

$$\text{Max HR} \times .85 = \text{Top of Zone}$$

$$\text{Max HR} \times .65 = \text{Bottom of Zone}$$

% of Maximum Heart Rate	20	25	30	35	40	45	50	55	60	65	70
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)