

HEART RATE ZONES

Max Heart Rate (HR) = 220 - Age

TARGET ZONE

INTENSITY

BENEFIT

CARBS

MAXIMUM



90-95%

You don't have to enter this zone but you might get to it while performing some of your cardio intervals & floor exercises. You will feel muscular fatigue, heavy breathing and you can't carry on conversation.

HARD



80-90%

You will increase metabolism and burn calories during and after the workout. In this zone you will feel muscular fatigue, heavy breathing and difficulty carrying a conversation.

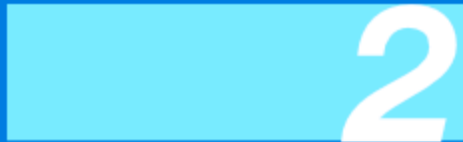
MODERATE



70-80%

Where the challenge begins. You will feel that you are working above average intensity and experience steady and controlled fast breathing.

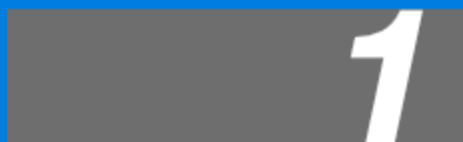
LIGHT



60-70%

Warm up zone and prepares your body for exercise and increased intensity. This should feel like your "average" intensity. It is the endurance intensity at which one runs a marathon for instance.

VERY LIGHT



50-60%

Helps to warm up, cool down and assists recovery. This intensity should feel very comfortable and easy.

FATS

LISTEN TO YOUR BODY

drkroner.com



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