

HEART ZONE TRAINING

Training Zone (% maximum heart rate)	-															
Z5 RED LINE 90%-100%	URNING			160	+				+	1000			+	210		
Z4 THRESHOLD 80%-90%	IING GLYCOGEN B	135	1	144	149 1 132		158 i 140		167 	1	176 156		185 i 164	1	194 1 172	1
Z3 AEROBIC 70%-80%		120 1 105	124 1 109	128	132 1 116		140 1 123	-	148 130	1	156 	1	164 144	168	1	1
Z2 TEMPERATE 60%-70%		105	109	112	116		123 105		130 1 111	133	. 1			147	1	1
Z1 HEALTHY HEART 50%-60%	FAT BURN	90 1 75	93 1 78	96 80	99 1 83	102 85	105 	108	111 	114	117 98	120 	123 1 103	126 i 105	1	

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The Heart Rate Monitor For Outdoor And Indoor Cyclists A Heart Zone Training Program

M Tight

The Heart Rate Monitor For Outdoor And Indoor Cyclists A Heart Zone Training Program:

The Enigmatic Realm of **The Heart Rate Monitor For Outdoor And Indoor Cyclists A Heart Zone Training Program**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **The Heart Rate Monitor For Outdoor And Indoor Cyclists A Heart Zone Training Program** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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