

HEART ZONE TRAINING®

Training Zone (% maximum heart rate)	=															
Z5 RED LINE 90%-100%	URNING				+				+			1000	+.,	100	100	
Z4 THRESHOLD 80%-90%	IING GLYCOGEN B	135	1	144	149 1 132	1	158 i 140	162	167 1 148	171 1 152	176 1 156		185 1 164	1	1	1
Z3 AEROBIC 70%-80%		120	124 1 109	128	132 1 116		140 123		148 1 130	1	156 1 137	1	164	168	1	
I2 TEMPERATE 60%-70%		105	109	112	116	119	123 1 105		130	133	. 1	140		147	151 1 129	154
Z1 HEALTHY HEART 50%-60%	FAT BURN	90 1 75	93 1 78	96 1 80	99 1 83	102 85	105 88	108	111 93	114	117 	120	123 1 103	126 1 105	1	132

5 STEPS TO BETTER FITNESS AND PERFORMANCE

1. Choose your fourt lives below one of the fire different training come based on the exercise goals for your worked

S. Set your Machines Mann's Need your machines bean rate (Max MM) along the log Serimental rate of machines.

3. Setteration your Septring Street See where your pointful training your and Max MM colores between in your logar rate training seen.

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^{4.} But the Same the lower house own number to this has in the Sacr of past training come and the apper contact is the selling.

5. May be Same thering such contact, materials your house rate between your your floor and celling invaliding yours up and seel drovel.

Ben Greenfield

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **The Heart Rate Monitor For Outdoor And Indoor Cyclists A Heart Zone Training Program**. This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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