



training benefits by HEART RATE ZONE

<p>ZONE 0 RESTING</p> <p>50-60% of max heart rate</p>	<p>Cool Down</p> <p><i>In this zone, it will be very easy to breathe. Ideal for weight management and recovery.</i></p>
<p>ZONE 1 LIGHT EFFORT</p> <p>60-70% of max heart rate</p>	<p>Warm Up</p> <p><i>In this zone, it will be comfortable and easy to breathe. Ideal for longer exercises.</i></p>
<p>ZONE 2 ANAEROBIC</p> <p>70-80% of max heart rate</p>	<p>Fat Burn</p> <p><i>In this zone, breathing gets heavier and you will feel a light strain. Ideal for moderately long exercises.</i></p>
<p>ZONE 3 AEROBIC</p> <p>80-90% of max heart rate</p>	<p>Calorie Burn</p> <p><i>In this zone, breathing is heavy and muscles feel fatigued. Ideal for shorter exercises.</i></p>
<p>ZONE 4 MAXIMUM</p> <p>90-100% of max heart rate</p>	<p>Full Effort</p> <p><i>In this zone, breathing is heaviest and muscles are exhausted. Ideal for athletic training and cardio bursts.</i></p>