

		EXERCISE ZONES										
		AGE										
		20	25	30	35	40	45	50	55	65	70	
BEATS PER MINUTE	100%	200	195	190	185	180	175	170	165	155	150	VO <sub>2</sub> Max (Maximum effort)
	90%	180	176	171	167	162	158	153	149	140	135	
	80%	160	156	152	148	144	140	136	132	124	126	Aerobix (Cardio training / Endurance)
	70%	140	137	133	130	126	123	119	116	109	105	
	60%	120	117	114	111	108	105	102	99	93	90	Moderate activity (Maintenance / Warm up)
	50%	100	98	95	93	90	88	85	83	78	75	



**EFFORT**

**EFFECT**

**Maximize**

**Performance**

**Improve  
Fitness**

**Lose**

**Weight**

**MAXIMUM  
90-100%**



**BENEFIT: HELPS FIT ATHLETES DEVELOP SPEED**

**HARD  
80-90%**



**BENEFIT: INCREASES MAXIMUM PERFORMANCE  
CAPACITY FOR SHORTER SESSIONS**

**MODERATE  
70-80%**



**BENEFIT: IMPROVES AEROBIC FITNESS**

**LIGHT  
60-70%**



**BENEFIT: IMPROVES BASIC ENDURANCE  
AND FAT BURNING**

**VERY LIGHT  
50-60%**



**BENEFIT: HELPS WITH RECOVERY**