



## HEART RATE ZONE CHART

	HR Zone BPM	Benefits	Perceived Exertion	Recommended For:
<b>PERFORMANCE</b>	90 to 100% <b>180 – 200</b>	Max performance & speed	Exhausting for breathing and muscles	Those training for specific vigorous performances
<b>HEART HEALTH</b>	70 to 90% <b>140 – 180</b>	Aerobic fitness & performance capacity	Some muscle fatigue, heavy breathing, sweating	Everyone: Moderately long activity
	60 to 70% <b>120 – 140</b>	Basic endurance and fat burning	Light muscle exertion, easy breathing, light sweating	Everyone: Longer, more frequent activity
<b>ACTIVE</b>	50 to 60% <b>100 – 120</b>	Overall health, warm-up, and cool-down	Easy for breathing and muscles	Everyone: Active warm-up & recovery

*Adapted from Polar Lessons for Life*