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| **TARGET HEART RATE CHART** |
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| **Target Zone** | **% of max HR****Bmp range** | **Example****of activities** | **Training benefit** |
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| 4**Maximum** | 90-100%171-190 bmp | Short SprintsJumping RopeSoccer | **Benefits:** Increase sprinting speed, develops maximum performance.**Feels like:** Very exhausting, fast breathing, muscle may feel tired.**Recommended for:** Anyone who is fit and exercises often/very short duration. |
| **3****Vigorous** | 80-90%152-171 bmp | JoggingBiking FastBasketball | **Benefits:** Increases maximum cardiovascular endurance.**Feels like:** Muscular fatigue and heavy breathing, hard to talk with friends.**Recommended for:** Anyone who is fit and for short duration. |
|  **2****Moderate** | 70-80%133-152 bmp | DancingWalking FastBadminton | **Benefits:** Improves aerobic fitness.**Feels like:** Light muscular fatigue, easy breathing, moderate sweating.**Recommended for:** Everybody, moderately long exercises. |
| **1****Light** | 60-70%114-133 bmp | Walking slowWashing DishesMaking Bed | **Benefits:** Improves basic endurance and muscle tone.**Feels like:** Easy, comfortable breathing, low muscle load, light sweating.**Recommended for:** Everybody for longer and lighter exercises. |