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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 Sprints  Jumping Rope  Soccer | **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 | Jogging  Biking Fast  Basketball | **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 | Dancing  Walking Fast  Badminton | **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 slow  Washing Dishes  Making 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. |