

KNOW YOUR ZONES

GRAY

LESS THAN 60%
OF MAXIMUM
HEART RATE

REST

Start point.

BLUE

60-70% OF
MAXIMUM
HEART RATE

LIGHT CARDIO

*You can reach this
walking in from your
car.*

*Aerobic Endurance
40-80 minutes
before recovery.*

GREEN

70-80% OF
MAXIMUM
HEART RATE

*STANDARD WEIGHT
TRAINING/STEADY
STATE CARDIO*

*Improves circulation,
aerobic power. 10-40
minutes before
recovery.*

ORANGE

80-90% OF
MAXIMUM
HEART RATE

HIIT STYLE TRAINING
*Anaerobic tolerance,
endurance, increases
afterburn. 2-10
minutes at a time
before recovery.*

RED

90-100% OF
MAXIMUM
HEART RATE

MAX EFFORT TRAINING
*Athletic conditioning,
increases sprints. 1-2
minutes at a time
before recovery.*