

By determining maximum heart rate and calculating which zone to be in, exercisers can vary their workouts or ensure they are getting what they want out of a workout.

Take resting heart rate first thing in the morning before getting out of bed.

It is recommended that exercise take place within 55-85 percent of maximum heart rate for at least 20-30 minutes to get the best results from aerobic exercise.

Use This Formula

Subtract age in years from 220. This is maximum heart rate.

To figure the target rate, multiply the percentage by maximum heart rate.

Example: 40-year-old woman wanting to figure an 80 percent target: $220 - 40 = 180$. $0.8 \times 180 = 144$ beats per minute (target rate when working out).

Aerobic Zone

At 70-80 percent of maximum heart rate, 50 percent of calories burned in this zone are fats, 1 percent are proteins and 50 percent are carbohydrates.

This intensity zone builds blood vessels, increases vital capacity, respiratory rate, pulmonary ventilation and arterial venous oxygen.

The aerobic phase of the workout should be less than 50 minutes to prevent buildup of lactic acid. Always warm up and cool down at an easy pace

Anaerobic Zone

In this zone of exercise intensity can be used to build the heart/lung capacity and endurance. In this zone, the body burns more calories but mostly from carbohydrates rather than fat. At 80-90 percent of maximum heart rate, 15 percent of calories burned in this zone are fats, 1 percent are proteins and 85 percent are carbohydrates. This intensity zone improves VO₂ maximum (the highest amount of oxygen one can consume during exercise) and thus an improved heart/lung system, and a higher lactate tolerance ability, which means improved endurance and a better ability to fight fatigue.