



HEART RATE TARGET ZONE TRAINING CHART

Zone 5 Extremely Hard	GLUCOSE	100%	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	
		90%	133	139	144	150	155	161	166	172	177	183	188	194	199	205	210
Zone 4 Very Hard		90%	133	139	144	150	155	161	166	172	177	183	188	194	199	205	210
		80%	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
Anaerobic Threshold		AT	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
Zone 3 Hard		80%	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
		70%	109	114	118	123	127	132	136	141	145	150	154	159	163	168	172
Zone 2 Medium		70%	109	114	118	123	127	132	136	141	145	150	154	159	163	168	172
		60%	85	89	92	96	99	103	106	109	113	117	120	124	127	131	134
Zone 1 Easy	FAT BURN	60%	85	89	92	96	99	103	106	109	113	117	120	124	127	131	134
		50%	73	76	79	82	85	88	91	94	97	100	103	106	109	112	115

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