

HEART RATE ZONE

FEELS LIKE

EXAMPLE ACTIVITIES

BENEFITS

PERFORMANCE

100-
90%

VIGOROUS TO VIGOROUS+
» VERY EXHAUSTING
» FAST BREATHING
» MUSCLES MAY FEEL TIRED

- » SHORT SPRINTS
- » SOCCER
- » BASKETBALL

DEVELOPS MAXIMUM PERFORMANCE AND SPEED



HEALTHY HEART

90-
70%

MODERATE TO VIGOROUS
» EASY TO HEAVY BREATHING
» LIGHT MUSCULAR STRAIN
» AVERAGE SWEATING

- » GAMES
- » JOGGING
- » CYCLING
- » DANCING

EXERCISE INCREASES BRAIN POWER AND MUSCULAR STRENGTH!

IMPROVES AEROBIC FITNESS AND PERFORMANCE CAPACITY



ACTIVE

70-
60%

EASY TO MODERATE
» EASY, COMFORTABLE BREATHING
» LOW MUSCLE LOAD
» LIGHT SWEATING

- » WARM-UP AND COOL-DOWN
- » BRISK WALKING
- » PLAYING CATCH
- » VOLLEYBALL



IMPROVES BASIC ENDURANCE AND MUSCLE TONE