

EXERCISE ZONES

AGE

20 25 30 35 40 45 50 55 65 70

100% 200 195 190 185 180 175 170 165 155 150

VO2 Max (Maximum effort)

90% 180 176 171 167 162 158 153 149 140 135

Anaerobic (Hardcore training)

80% 160 156 152 148 144 140 136 132 124 120

Aerobic (Cardio training / Endurance)

70% 140 137 133 130 126 123 119 116 109 105

Weight control (Fitness / Fat burn)

60% 120 117 114 111 108 105 102 99 93 90

Moderate activity (Maintenance / Warm up)

50% 100 98 95 93 90 88 85 83 78 75

BEATS PER MINUTE