

CHOOSE YOUR CARDIOVASCULAR PROGRAM

To maximize your overall body fat loss goals, cardiovascular training is essential. The benefits of cardio are endless — including but not limited to improving heart and lung function, lowering blood pressure and cholesterol, improving metabolism, flexibility, self esteem, and decreasing body fat and the risk of many diseases (diabetes, cancer, stroke, heart attack). Follow my **JW F.I.T.** principals of training to be at your cardio best!

F STEP 1: SELECT THE **FREQUENCY** DESIRED

- Beginner Fitness Levels = 1-2 Days a week
- Average Fitness Levels = 3 Days a week
- Advanced Fitness Levels = 3-6 Days a week

I STEP 2: SELECT THE **INTENSITY** DESIRED TO DETERMINE THR

In order to train at your utmost intensity to achieve you desired benefit, it is essential to train within your target heart rate zone. Your target heart rate zone is the range of the heart rate a person chooses to aim for, based on personal fitness goals.

A. To determine your training zone, us the formula below to discover your target heart rate.

THR FORMULA: 220 - AGE X INTENSITY LEVEL DESIRED (CHART 1)

EX. If your age = 40 and intensity desired = (60-70%) lose weight/burn fat, then you would take
 $220 - 40 \times 60-70\% = \text{target heart rate zone: } 108\text{bpm}-126\text{bpm}$

CHART 1: TARGET HEART RATE ZONES

Ideal For	Benefits Desired	Intensity Level % Max. Heart Rate
Light Exercise	Maintain Healthy Heart/Get Fit	50-60%
Weight Management	Lose Weight/Burn Fat	60-70%
Aerobic Base Building	Increase Stamina Aerobic Endurance	70-80%
Optimal Conditioning	Maintain Excellent Fitness Condition	80-90%
Elite Athlete	Maintain Superb Athletic Condition	90-100%

B. Write your target heart rate zone here: _____

C. Putting your heart into practical terms

Now that you know your THR zone, you now have to measure your heart rate to stay within you limits!

How to measure your heart rate

Generally, to determine whether you are exercising within your target heart rate zone you must stop exercising briefly to take your pulse. You can take the pulse at your neck, your wrist or your chest. I recommend you wrist. You can feel the radial pulse on the artery of your wrist with your finger. Place the tips of your index and middle fingers over the artery and press lightly. Do not use your thumb. Take a full 10 second count of the heartbeats, and multiply by six. Your cardiovascular machine of choice may have a heart rate monitor built into it. If so, grasp on to the heart rate sensors and manipulate your workout intensity to stay within your target hear rate zone.

T SELECT THE **TYPE** OF CARDIOVASCULAR ACTIVITY DESIRED

- | | | |
|---|--|---|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Skating | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Jogging | <input type="checkbox"/> Bike riding | <input type="checkbox"/> Gymnastics |
| <input type="checkbox"/> Sprinting | <input type="checkbox"/> Spinning | <input type="checkbox"/> Martial arts |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Trampoline | <input type="checkbox"/> Boxing |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Jumping rope | <input type="checkbox"/> Kick boxing |
| <input type="checkbox"/> Climbing | <input type="checkbox"/> Yardwork | <input type="checkbox"/> Circuit training |
| <input type="checkbox"/> Stair climbing | <input type="checkbox"/> Elliptical, stepper | <input type="checkbox"/> Racquet sports |
| <input type="checkbox"/> Rowing | <input type="checkbox"/> Swimming | <input type="checkbox"/> Team sports |
| <input type="checkbox"/> Skiing | <input type="checkbox"/> Aqua aerobics | |
| <input type="checkbox"/> Snowboarding | <input type="checkbox"/> Aerobics | |