

TARGET HEART RATE ZONE CHART

MAXIMUM HEART RATE

220-AGE = _____

NAME OF ZONE	PERCENTAGE	MINIMUM RANGE	MAXIMUM RANGE
HEALTHY HEART ZONE (WARM-UP)	50%-60%		
FITNESS ZONE (FAT BURNING)	60%-70%		
AEROBIC ZONE (ENDURANCE TRAINING)	70% - 80%		

