

What is considered Cardio and what isn't?



To get the **MOST** out of your Cardio workout it's best to train **SMARTER** not harder. Here are a few simple tips to get in the "right zone" so you can reach the **RESULTS** you want!



1. Focus on keeping your heart rate in the right **INTENSITY** zone. You may be asking how I do you do this? Don't stress, here is a simple break down on different ways to "**know**" and "**feel**" when you're in the right zone. See the equation below, if you need any help please book into to see one of the team to work it out for you.
2. Increase your heart rate by **upping the level, speed, incline, or resistance** on the machine you are using. Remember you want to be in the right "zone" so you benefit from what you are doing. If you are on the treadmill, try walking at a speed that is at least 6 km/hr with an incline of 3%. **Use your arms; DO NOT HOLD the handrail.** The more body parts you use, the higher your heart rate will be.
3. Use the **Talk Test Method** to see if you are working out hard enough. In times when you do not have a heart rate monitor try to focus on this simple rule: "work at a level where you can answer a question, but not comfortably carry on a conversation". If you're working out too hard you will have to take a breath between every word you say. Conversely, you would be working out too easily if you could sing without breathing hard. Use the talk test to keep you in your zone.
4. Focus on working out for at least **30-60 minutes**. Set yourself mini goals. You may want to start off at 20 minutes and then gradually increase to 30 minutes. Little goals go a long way! Stay focused and use what inspires you to get you through your workout!

Use this **Maximum Heart Rate equation** to plug in your information (if you have trouble, book in to see a Member Motivator and they will be happy to help you with it.)

$$\text{Max HR} = 208 - (0.7 \times \text{Your Age})$$

$$\text{Example of a 40 year old woman} = 208 - (0.7 \times 40)$$

$$208 - (28)$$

$$180 = \text{MaxHR}$$

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Use the following percentages to keep your heart rate in your target zone

- Beginner/Low Fitness = 55 – 64% of MaxHR
- Intermediate-Average Fitness/Moderate = 65 – 70% of MaxHR
- Advanced/High Fitness = 70 – 80% of MaxHR

Focus on staying in these zones. To work out a quick percentage of your max heart rate, use the equations below:

Example for Beg/Low = Max HR = 180 (40 year old)

$$= 180 \times 55\%$$

$$= 180 \times 0.55 = 99 \text{ beats per minute}$$

$$= 180 \times 64\%$$

$$= 180 \times 0.64 = 115.2 \text{ beats per minute}$$

So for the Beginner/Low fitness this 40 year old woman would want to aim to keep her heart rate between 99 – 115.2 beats per minute.