

CALCULATE YOUR FAT BURNING ZONE



1

$$\begin{array}{r} 220 \\ - 35 \leftarrow \text{age} \\ \hline \end{array}$$

185 ← max target heart rate

2

$$\begin{array}{r} 185 \\ \times 60\% \leftarrow \text{lowest end} \\ \hline \end{array}$$

111

3

$$\begin{array}{r} 185 \\ \times 85\% \leftarrow \text{highest end} \\ \hline \end{array}$$

157

keep your heartbeat for minimum 20-30 minutes between these 2 numbers

for a challenge

keep heartbeat here for entire duration for best fat burning results

4

calculate your resting heart rate

50bpm (mine)

$$\begin{array}{r} 185 \leftarrow \text{max target heart rate} \\ - 50 \leftarrow \text{resting heart rate} \\ \hline 135 \end{array}$$

5

$$135 \times 60\% = 81$$

$$\begin{array}{r} + 50 \leftarrow \text{resting heart rate} \\ \hline \end{array}$$

131 ← low end of target fat burn zone

6

$$135 \times 85\% = 115$$

$$\begin{array}{r} + 50 \leftarrow \text{resting heart rate} \\ \hline \end{array}$$

165 ← high end of target fat burn zone

for beginners →