

Fit Lifestyle Studios



Where Health Meets Fitness
www.fitlifestylestudios.com

What should my heart rate be during SPINNING® class?

You will be working in five different energy zones during each SPINNING® class:

Endurance	65-75%
Interval	65-92%
Strength	75-85%
Recovery	50-65%
Race Day	80-92%

To determine your heart rate use the predicted equation: Karvonen Formula

$$220 - \text{AGE} = \text{APMHR (Age Predicted Max Heart Rate)}$$

$$\text{APMHR} - \text{RHR (Resting Heart Rate)} = \text{HRR (Heart Rate Reserve)}$$

$$\text{HRR} \times \% \text{ desired} + \text{RHR} = \text{THR (Target Heart Rate)} \quad \boxed{}$$

(Use this last part to determine all percentages to determine your specific target heart rate zone)

*Best time to determine your resting heart rate is in the morning before any caffeine and while relaxed. Take your heart rate at your wrist (radial pulse) for one full minute, use three fingers to feel for pulse avoiding using your thumb.

*Knowing your target heart rate can significantly improve and optimize your cardiovascular workouts. As you become more fit and efficient in a specific cardiovascular exercise your target heart rate will change. Your resting heart rate will decrease due to the decreased work your heart needs to do at rest. Your perceived exertion will also change guiding you to re-evaluate your target heart rate zone.

Keep in mind all of the fitness specialists at Fit Lifestyle Studios are available to help you to optimize your training needs. If you have any questions please call, email or stop by our office and we would be happy to help you!