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|  | **HR Zone BPM** | **Benefits** | **Perceived Exertion** | **Recommended For:** |
| **PERFORMANCE** | 90 to 100%**180 – 200** | Max performance & speed | Exhausting for breathing and muscles | Those training for specific vigorous performances |
| **HEART** | 70 to 90%**140 – 180** | Aerobic fitness & performance capacity | Some muscle fatigue, heavy breathing, sweating | Everyone:Moderately long activity |
| **HEALTH** | 60 to 70%**120 – 140** | Basic endurance and fat burning | Light muscle exertion, easy breathing, light sweating | Everyone:Longer, more frequent activity |
| **ACTIVE** | 50 to 60%**100 – 120** | Overall health, warm-up, and cool-down | Easy for breathing and muscles | Everyone:Active warm-up & recovery |

*Adapted from Polar Lessons for Life*