**Exercise & Fitness Notes**  NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 locations to find your heart rate: Hour: \_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Resting Heart Rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Normal Range: \_\_\_\_\_\_\_\_\_\_\_\_\_\_beats per minute (BPM)
Teens should be about:\_\_\_\_\_\_\_\_\_\_\_\_\_ beats per minute (BPM)

Maximum Heart Rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Calculation: \_\_\_\_\_\_\_\_\_ -- your age = max heart rate

 Why is it important to know your max heart rate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Calculate your own max heart rate: \_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_BPM

Target Heart Rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Target Zones** | **Benefit Desired** | **Intensity Level(% of max heart rate)** | **YOUR Zone% x your max HR** |
| Light Exercise / Healthy Heart Zone | Maintain Health | 50-60% | \_\_\_\_\_\_--\_\_\_\_\_\_ BPM |
| Weight Management | Lose Weight | 60-70% | \_\_\_\_\_\_--\_\_\_\_\_\_ BPM |
| Aerobic Base  | Increase Endurance | 70-80% | \_\_\_\_\_\_--\_\_\_\_\_\_ BPM |
| Anaerobic Zone | Maintain EXCELLENT fitness condition | 80-90% | \_\_\_\_\_\_--\_\_\_\_\_\_ BPM |
| Elite Athlete (College / Pro) | Maintain SUPERB fitness condition | 90-100% | \_\_\_\_\_\_--\_\_\_\_\_\_ BPM |

**Benefits of each Target Zone:**

Light Exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weight Management: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Aerobic Base Building: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anaerobic Zone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4 Components of Fitness:**

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| **Component** | **Define** | **Example****Exercises** | **Typical Heart Rate Zone & % Range** |
| Muscular Strength |  | -Squat (1 rep max)-\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Muscular Endurance |  | -Plank-\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Cardiovascular Endurance |  | -Running-\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Flexibility |  | -Sit and Reach-\_\_\_\_\_\_\_\_\_\_\_ |  |