



target™ INTENSITY Zones

These are **Your** measured results from **Your** VO2 assessment test.

Peak Intensity

At this intensity, your heart is working extremely hard. Most people can only maintain this intensity for a very short duration. Working out at this intensity will improve your cardio strength.

High Intensity

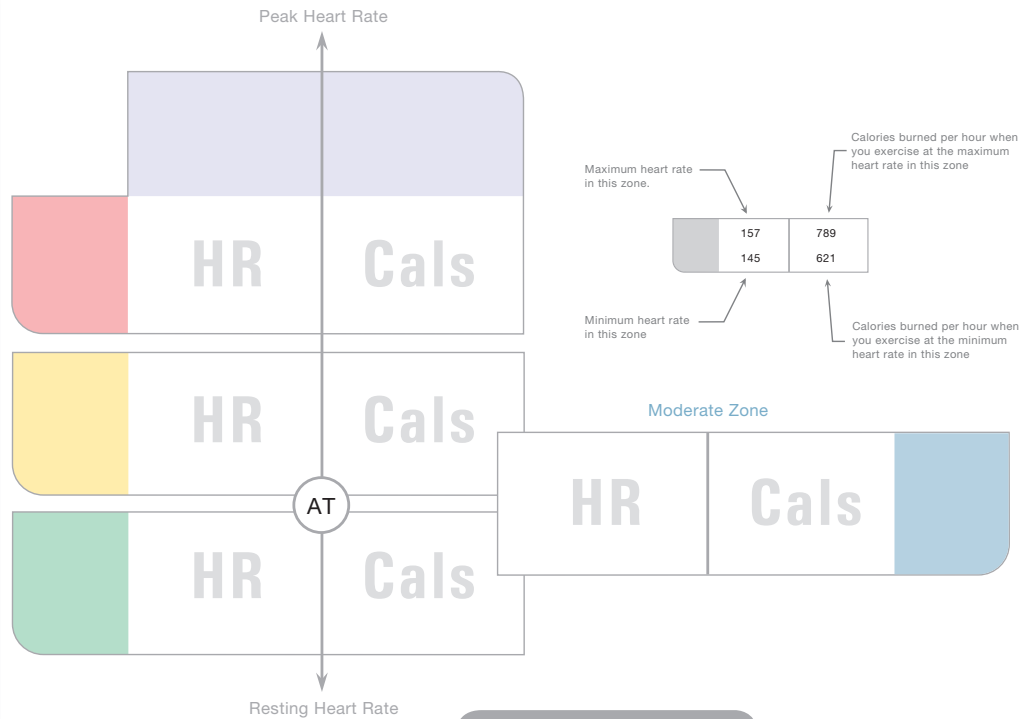
At this intensity your heart is working hard. Most people can only maintain this intensity for a short duration. Working out at this intensity will help to increase stamina and cardio strength.

Moderate Intensity

At this intensity, your heart is working at it's highest efficiency. Most people can maintain this intensity for a long duration. Working at this intensity will promote fat loss while strengthening your heart.

Low Intensity

At this intensity, your heart is getting a mild work out. Most people are able to maintain this intensity for a long duration. Working out at this intensity promotes fat loss, and allows the body to recover after a workout at the High or Peak Intensity.



Coach's Interpretation

Your target heart rate ➤

Recommend testing again by:

Cardio Strength

Recovery

Stats

Name:
Date:
Coach: