

In our quest to make the most of the 60 minutes you're in the studio, we're personalizing the calculations used by the system to determine what color-coded zone you're in during the class.



### 1957

The year the Finnish scientist Martti Karvonen established heart rate zones.



### 12

Minimum number of splat points members try to accrue while hitting the orange (of course!) and red zones during class.



### 208 - (.7 x YOUR AGE)

That's the formula currently used to estimate members' heart rate training zones.



### 3,600

Number of heart rate measurements taken during a standard Orangetheory class.



### \$300

The average cost of scientifically measuring your heart rate.



### 20

How many workouts Orangetheory's Research Team has determined are needed to establish individualized heart rate goals.



### \$0

What Orangetheory charges its members for real-time heart rate tracking while using an OTbeat heart rate monitor.



### 1

Number of clicks your coach will need to upload your new heart rate zones so you can start using them.



## INCALCULABLE

Number of health benefits gained by knowing when and how hard YOU (not the person next to you) should push, when YOU should back off, when YOU should take a rest day.