

PERSONALIZING YOUR TARGET HEART RATE

What you need to know about how Orangetheory Fitness is honing heart rate zones, and what that means for your workout.

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.

ZONE 1 *50-60%*

This is your safest, most comfortable zone. It's the "very light activity zone." You will become healthier in this zone but not improve your fitness level.

ZONE 2 61-70% MAX HR

This is your "slowly start jogging, power walking, rowing, or pedaling zone." This zone prepares your body for the higher intensities to come very soon.

ZONE 3

71-83%

The pace and intensity is challenging but could be continued for 20 - 30 minutes. The goal is to spend 25 – 35 minutes of an Orange 60 workout in zone 3.

ZONE 4

84-91%

The Orange Effect! The goal is to spend 12 minutes or more of an **Orangetheory workout** in this zone. That's all you need to achieve **EPOC** and optimize caloric burn.

92-100%

This is the zone you might achieve when you empty your tank with an All Out effort. You do not need to reach this zone to experience maximum results. If you do reach this zone, you want to be here for only 30 seconds - 1 minute at a time.



1957

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



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.



The average cost of scientifically measuring your heart rate.



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



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



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.