

Target zone **% of max HR bpm range** **Example duration** **Training benefit**

Maximize



90–100%
171–190 bpm

Less than
5 minutes

Benefits: Increases maximum sprint race speed
Feels like: Very exhausting for breathing and muscles
Recommended for: Very fit persons with athletic training background

Performance



80–90%
152–171 bpm

2–10
minutes

Benefits: Increases maximum performance capacity
Feels like: Muscular fatigue and heavy breathing
Recommended for: Fit users and for short exercises

**Improve
Fitness**



70–80%
133–152 bpm

10–40
minutes

Benefits: Improves aerobic fitness
Feels like: Light muscular fatigue, easy breathing, moderate sweating
Recommended for: Everybody for typical, moderately long exercises

**Lose
Weight**



60–70%
114–133 bpm

40–80
minutes

Benefits: Improves basic endurance and helps recovery
Feels like: Comfortable, easy breathing, low muscle load, light sweating
Recommended for: Everybody for longer and frequently repeated shorter exercises



50–60%
104–114 bpm

20–40
minutes

Benefits: Improves overall health and metabolism, helps recovery
Feels like: Very easy for breathing and muscles
Recommended for: Basic training for novice exercisers, weight management and active recovery