

student handout

SPINNING® AND HEART RATE MONITORS

Why Use a Heart Rate Monitor?

Whether you exercise to burn fat and calories, feel energized or strengthen your cardiorespiratory system, your body needs to work at the right intensity... not too strenuous and not too light. Using a heart rate monitor is the most effective way to ensure that your Spinning workouts will deliver the results you want, while avoiding weight loss plateaus, fatigue and injury.

You may be thinking, "But why can't I just count my pulse or use rating of perceived exertion?" Those methods simply don't deliver an accurate measurement of your heart rate. Counting your pulse requires you to slow down your activity, which in turn causes your heart rate to drop. RPE is a very general gauge that can't really ensure that you're training in the right heart rate zone.

1. To reach your fitness goals, you need to exercise at the right intensity.
2. Heart rate is the only accurate measure of your intensity.
3. A Polar® heart rate monitor is the easiest and most accurate way to continuously measure your heart rate.



With a heart rate monitor, you can take your Spinning workouts to a whole new level. Your Spinning instructor will guide you through the Energy Zones™ that are right for you.

| Energy Zone | Intensity Range | Purpose |
|-------------|-------------------|-------------------------------------------------------|
| Recovery | 50% to 65% of MHR | Relaxation and energy accumulation. |
| Endurance | 65% to 75% of MHR | Raises metabolism, burns fat, increases energy. |
| Strength | 75% to 85% of MHR | Improves muscular endurance and mental stamina. |
| Interval | 65% to 92% of MHR | Trains the heart to recover quickly from work effort. |
| Race Day | 80% to 92% of MHR | Challenges the well conditioned exerciser. |

To order a heart rate monitor or for more information, go to www.spinning.com or call 800.847.SPIN (7746).

Spinning student handouts are the intellectual property of Mad Dogg Athletics, Inc. They are provided to Johnny G Spinning Instructors and authorized Spinning facilities with permission to photocopy and distribute to Spinning class participants.