



# How to Exercise at the Best level for You

PERSON	LEVEL	OBJECTIVE
I have not been exercising	Level 1 – 3	To learn safe technique
Some exercise (1 – 2 times per week)	Level 4 - 5	To enjoy and continue with your exercise
Regular Exerciser (3 – 6 times per week)	Level 6 – 7	To get fitter
Athletes or people who enjoy and are capable of working very hard	Level 8 – 10	To achieve a certain goal

## The Harder you Exercise – the Fitter you will get Fit people Burn Fat Faster

Level 1 – 3	So easy that I could keep going indefinitely
Level 4	I am breathing faster but feel comfortable
Level 5	I am puffing slightly but can keep going easily
Level 6	I feel puffed every so often
Level 7	I am breathing very hard and fast but I feel great
Level 8	I feel I am working Hard
Level 9	I feel that this is extremely hard work
Level 10	I am working to the point of discomfort

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# Strength Training Intensity Guide

How to train at the best level for you to achieve your best results

<b>STRENGTH TRAINING HISTORY</b>	<b>LEVEL</b>
Rehabilitation Client or Warm up set	Level 1 – 3
Absolute Beginner	Level 4
Some Exercise	Level 5 – 6
Regular Trainer	Level 7 – 9
Hard Trainer	Level 9 – 10

Some guidelines :

Level 1 -3	So easy I could keep going all day
Level 4	I can feel a slight effort in my muscles
Level 5	It feels heavy but I can keep going
Level 6	It is really heavy
Level 7	I don't think I can do any more, but I will try.
Level 8	Give it all I've got – trying one or more!
Level 9	OK – I want fantastic results so I'll do one more
Level 10	I'm physically and mentally incapable of moving the weight.

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## Exercise Guidelines

- Firstly – if you have any doubt or worries then check with your doctor, especially if you have any medical conditions.
- Start your new exercise program gradually; work at your own pace. You should not feel over stressed, just working within a comfortable degree of intensity.
- Drink plenty of water before, during and after your exercise session.
- If you feel faint or dizzy, STOP the exercise. LIE DOWN and ELEVATE your legs above your heart level (put your legs on a chair). You may be pushing yourself too hard.
- Your muscles should not feel overly sore the day after exercising, unless weight training to build / strengthen muscle. If they do feel excessively painful, you may need to reduce your intensity until your level of fitness increases. Any day you feel particularly tired or sore, have the day off exercise.
- Always warm up / cool down and stretch before and after your exercise session, for a minimum of 3 minutes.

### SIGNALS TO STOP & SEE A DOCTOR

- Pain or squeezing sensation in the chest, or pain in the jaw, neck or down left arm.
- Intermittent or frequent pains in the legs.
- Double vision, nausea, mental confusion, temporary black out or temporary paralysis.

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## Age based heart rate formula 220 – your age

Age	max HR	60%	65%	70%	75%	80%	85%	90%	95%	100%
15	205	123	133	143	153	164	174	184	194	205
20	200	120	130	140	150	160	170	180	190	200
25	195	117	126	136	146	156	165	175	185	195
30	190	114	123	133	142	152	161	171	180	190
35	185	111	120	129	138	148	157	166	175	185
40	180	108	117	126	135	144	153	162	171	180
45	175	105	113	122	131	140	148	157	166	175
50	170	102	110	119	127	136	144	153	162	170
55	165	99	107	115	123	132	140	148	157	165
60	160	96	104	112	120	128	136	144	152	160
65	155	93	100	108	116	124	131	139	147	155
70	150	90	97	105	112	120	127	135	142	150
75	145	87	94	102	109	116	123	131	138	145
80	140	84	91	98	105	112	119	126	133	140

The chart is easy to use! Your age is calculated in 5 year increments working downwards on the left-hand side. Put your finger on your age, now one step to the right is your maximum heart rate for your age. Now slide your finger to the right again until you reach your highlighted zone! This is your effective but safe training zone for your age, it is 70 to 85% of your maximum heart rate!

This is your aerobic training zone, by keeping your heart rate in this zone you will achieve all the benefits of aerobic training!

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