**Target Heart Rate Assignment**

**Your task today is to:**

1. Choose the target zone you want to work in and…one that you will be able to maintain 50% to 70% of the activity time during class.
2. Choose one of the workout options I’ve provided or develop your own that will allow you to get in and stay in your target zone.
3. Have fun and get a great workout in today….

**Circle one…**

Fat Burn 60% to 74% (122 to 150 BPM)

Aerobic Zone 75% to 85% (153 to 173 BPM)

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour \_\_\_\_\_\_\_

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