

## Example



Date  
5/26/16



Workout Type  
Treadmill



Suggested Reassessment  
8/26/16



Assessment Given By  
Coach Dan

# Active**Metabolic**Assessment<sup>SM</sup>

A scientifically accurate method of determining your specific heart rate zones, how your body burns carbohydrates and fats as fuel, and how you can exercise smarter, not harder.



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# Heart Rate Zones

Let's see what your zones are.

The following heart rate zone chart is specific to you. This assessment measures 5 heart rate zones specific to your unique metabolism.

				
<b>ZONE 5</b>	<b>175–194</b> beats per min.	<b>13.2</b> Calories per min.	<b>4.0+</b> mph	<b>-</b> incline
<b>ZONE 4</b>	<b>167–174</b> beats per min.	<b>12.4</b> Calories per min.	<b>4.0</b> mph	<b>15%</b> incline
<b>THRESHOLD</b>	<b>167</b> beats per min.			
<b>ZONE 3</b>	<b>155–166</b> beats per min.	<b>11.7</b> Calories per min.	<b>4.0</b> mph	<b>13%</b> incline
<b>ZONE 2</b>	<b>144–154</b> beats per min.	<b>10.3</b> Calories per min.	<b>4.0</b> mph	<b>9%</b> incline
<b>BASE</b>	<b>144</b> beats per min.			
<b>ZONE 1</b>	<b>82–143</b> beats per min.	<b>9.6</b> Calories per min.	<b>4.0</b> mph	<b>7%</b> incline



## How Do You Use Your Zones?

You want to balance work and recovery. Ideally all zones should be used each week.

### ZONES 1–2

- Burns the most fat
- Should be 75-80% of your weekly cardio time

### ZONES 3–5

- Improves cardio strength
- Should be 20-25% of your weekly cardio time

## Will Your Zones Change?

Your body will adapt and your zones will change. It will be important to retest to avoid plateaus.

### ZONES 1–2

You will notice that you are able to exercise longer at a lower heart rate.

### ZONES 3–5

You will notice your heart rate lowers more quickly or doesn't rise as high during hard work.

# Heart Rate Zones

1

## Zone 1

Promotes fat-burning and aids in recovery from days of more intense exercise.

### FEELS LIKE:

Easy peasy. You could do this for hours.

### GOOD FOR:

- Burning Fat
- Recovery Workouts

B

## Base

Your aerobic base is the heart rate at which your body most efficiently burns fat.

### GOOD FOR:

- Burning Fat
- Endurance Training
- Recovery Workouts

2

## Zone 2

Trains your body to burn fat efficiently and improve endurance.

### FEELS LIKE:

Your breathing is heavier, but you're fairly comfortable.

### GOOD FOR:

- Burning Fat
- Endurance

3

## Zone 3

Increases your tolerance for anaerobic training. Improves anaerobic threshold.

### FEELS LIKE:

Your breathing is heavy and you're working hard.

### GOOD FOR:

- Burning Fat
- Cardio Training
- Exercise Tolerance

T

## Threshold

The point at which your body shifts from burning mostly fat to mostly carbs.

### GOOD FOR:

- Interval Training
- Circuit-Style Resistance
- Training

4

## Zone 4

Increases your peak  $VO_2$  and anaerobic threshold.

### FEELS LIKE:

You feel winded and you're pushing yourself very hard.

### GOOD FOR:

- Cardio Training
- Speed Training

5

## Zone 5

Increases your peak  $VO_2$  and anaerobic threshold.

### FEELS LIKE:

You can barely catch your breath. You're at your body's absolute max.

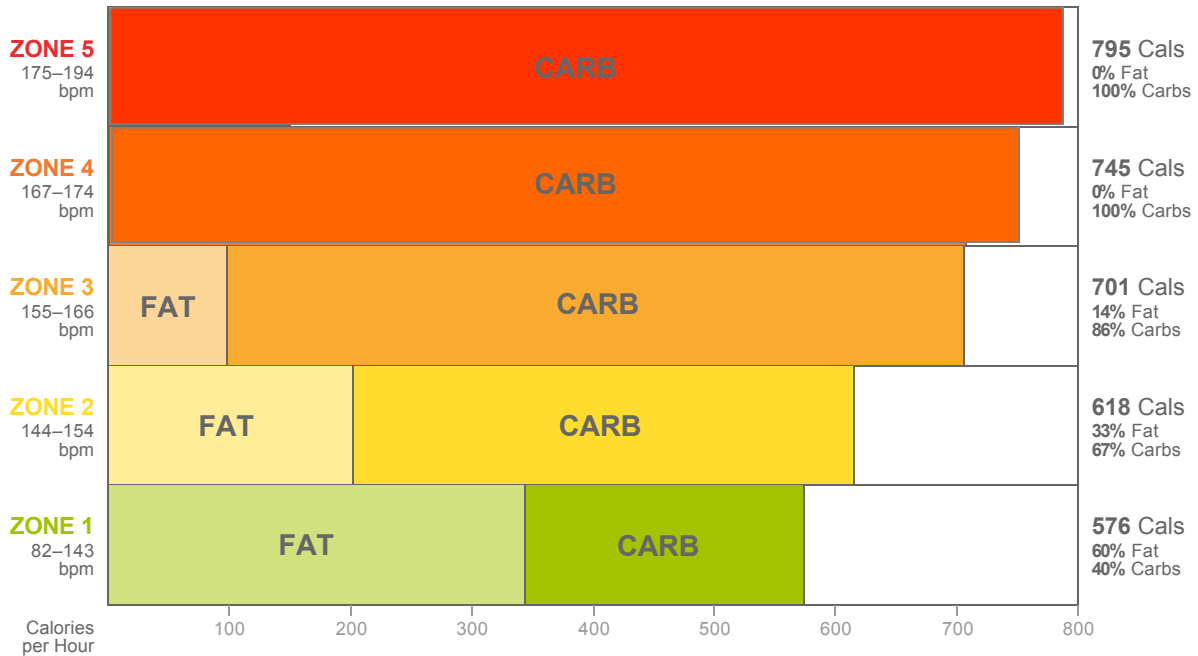
### GOOD FOR:

- Sprinting
- Tabata or H.I.I.T.

# Fat & Carb Burn

The percentage of Fat and Carbs you burn in each zone is key.

When your heart rate goes up, you burn more and more Calories, but fewer and fewer Calories *from fat*. One of the keys to successful health and weight loss is finding the sweet spot where your body burns the most Calories from fat.



## How Do You Use This Information?

You want to balance work and recovery. Ideally all zones should be used each week.

### ZONES 1-2

- Should be 75-80% of your weekly cardio time
- Longer workouts in these zones (30-60+ min.)
- Too much can cause staleness and plateaus

### ZONES 3-5

- Should be 20-25% of your weekly cardio time
- Shorter workouts consisting of interval training within these zones after warm-up
- Too much can cause overtraining and injury

## How Do You Increase Your Fat Burn?

As you use your zones, you can increase the amount of fat you burn.

### NUTRITION

We tend to burn more of what we eat, so reducing carbohydrate intake and getting adequate healthy fats can help increase fat burn during exercise.

### RECOVERY

Allow yourself recovery time after days of intense exercise. Exercise smarter, not harder

# Fat & Carb Burn



## Your Body's Stored Calories

The chart at right illustrates the fuel stored in your body. Think of it as the gas tank that supplies the engine — your body — with fuel. Fat and carbohydrates are what fill your tank.

### **BODIES HAVE MORE FAT**

Within your body, fat stores are considerably larger than carbohydrate stores.

### **FAT HAS MORE ENERGY**

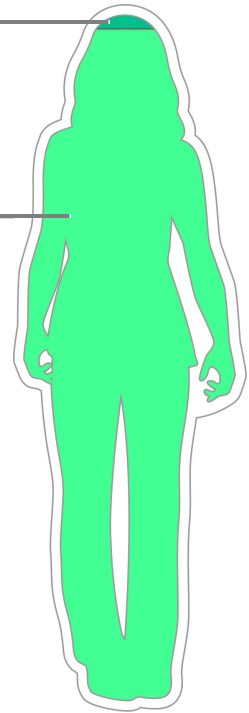
Breaking down 1 unit of fat yields 9 times more energy than breaking down 1 unit of stored carbohydrate.

Calories from Carb

1,500 – 2,000

Calories from Fat

100,000+

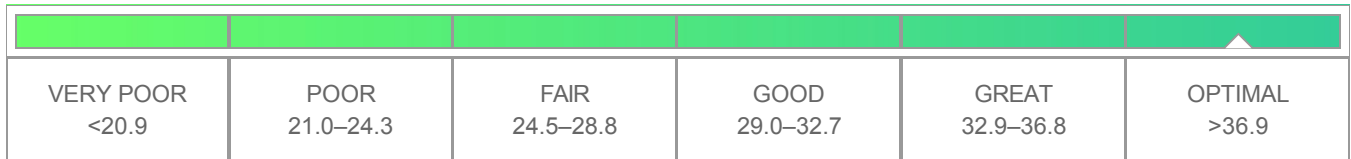


# VO<sub>2</sub> Score

The standard measure of cardiovascular fitness potential.

VO<sub>2</sub> stands for “Volume of Oxygen.” Your VO<sub>2</sub> Score is the maximum amount of oxygen your body is capable of using at any one time. The more in shape you become, the more oxygen your body will be able to use, and the longer and harder you’ll be able to work out.

YOUR VO<sub>2</sub> IS **44.2**



(Range for a 43-year-old female)

## Comparison of Females by Age

	VERY POOR	POOR	FAIR	GOOD	GREAT	OPTIMAL
13–19	<25.0	25.0–30.9	31.0–34.9	35.0–38.9	39.0–41.9	>41.9
20–29	<23.6	23.6–28.9	29.0–32.9	33.0–36.9	37.0–41.0	>41.0
30–39	<22.8	22.8–26.9	27.0–31.4	31.5–35.6	35.7–40.0	>40.0
<b>40–49</b>	<20.9	21.0–24.3	24.5–28.8	29.0–32.7	32.9–36.8	<b>&gt;36.9</b>
50–59	<20.2	20.2–22.7	22.8–26.9	27.0–31.4	31.5–35.7	>35.7
60+	<17.5	17.5–20.1	20.2–24.4	24.5–30.2	30.3–31.4	>31.4






### Improving Your Score

A higher VO<sub>2</sub> score correlates to a decreased/lower risk of cardiovascular diseases.

# Warm-Up

Warm-up exercise is very important to your regular workout.

The warm-up below is specific to you. Completing this warm-up prior to most exercise will be important for 3 reasons: One, burn more fat during your workout. Two, lower your risk for injury. Three, it will be easier and more comfortable to sustain higher intensities.

			
2 min. time	3.4 mph	1% incline	86 beats per min.
2 min. time	3.7 mph	1% incline	95 beats per min.
2 min. time	4.0 mph	1% incline	105 beats per min.
2 min. time	4.0 mph	3% incline	118 beats per min.
2 min. time	4.0 mph	5% incline	128 beats per min.

YOUR TOTAL WARM-UP SHOULD BE **10 min.**



## How Do You Use Your Warm-Up?

Follow the 2-minute increases in workload until the end of your warm-up while monitoring your heart rate.

## What If Your Warm-Up Changes?

If after 3 consecutive workouts your heart rate is 5 or more beats lower at the end of your warm-up than what is listed above, that is your key to knowing it's time for a reassessment.