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EASY GUIDE TO FITNESS

POLAR[®]

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1. LET YOUR HEART RATE GUIDE YOU!

This guide will show you that exercising with a heart rate monitor is easy, fun and effective. Here's why...

Why use the Polar Fitness heart rate monitor?

- To make sure your heart works hard enough, but not too hard
- For concrete signs of fitness improvement
- To determine calories burnt during exercise



2. A WORLD OF CHOICES

To choose the type of exercise you enjoy, start by giving a thought to where you prefer working out.

■ Health and fitness club

It's social and offers a wide number of workout options, such as running on a treadmill, indoor cycling, exercising to music, working out on resistance machines, kickboxing, and yoga.



■ Home

It's safe and convenient. Popular home exercise equipment includes stairclimbers, stationary bikes and elliptical motion trainers.



■ Open-air environment

Outdoors, the sky's the limit. Fitness walking, Nordic walking, jogging, running, fitness biking or inline skating, the choice is virtually endless.



Doing something you enjoy increases your motivation, and helps you make exercise a regular - and fun - part of your life.

■ Remember to burn those calories!

Different types of exercise vary in their effectiveness and in the amount of calories they make you burn.

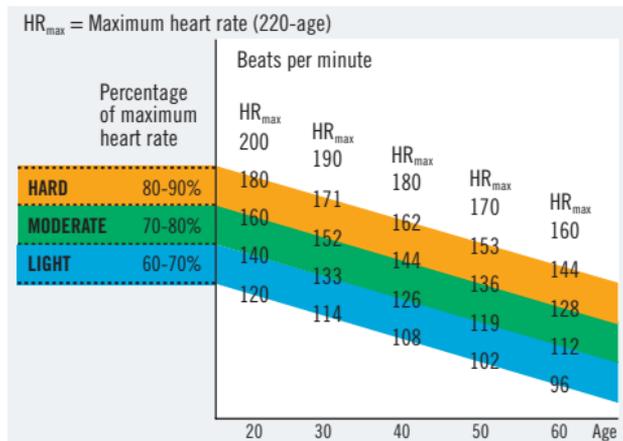
Walking	200-300
Fitness group exercise, light	200-400
Fitness group exercise, intense	450-700
Circuit training	450-500
Cycling	250-700
Indoor cycling	250-700
Swimming	300-700
Tennis	400-500
Running	600-900
Cross-country skiing	550-900

(The examples are for Kcal burnt per hour by a person weighing 155 lbs / 70 kg. A person weighing less than 155 lbs / 70 kg will burn less calories than indicated, while a heavier person will correspondingly burn more.)

3. TARGET HEART RATE ZONE

Heart rate is an accurate measure of workout intensity.

Maximum heart rate, or HR_{max} , is the highest number of heartbeats per minute (bpm) in an all-out effort. Training intensities can be expressed as percentages of HR_{max} . There are three different exercise zones: Hard, Moderate, and Light.



HARD

Benefits: Maximizes performance capacity.

What it feels like: Heavy breathing, intense sweating and tiredness in muscles.

Recommended for: Fit persons and for short exercise sessions.

MODERATE

Benefits: Improves aerobic fitness.

What it feels like: Good, easy breathing, moderate sweating.

Recommended for: Everybody, for sessions of moderate length.

LIGHT

Benefits: Improves basic endurance and is good for recovery exercise.

What it feels like: Comfortable, easy breathing, light sweating, low loading for muscles.

Recommended for: Everybody, for longer sessions.

4. THE PERFECT WORKOUT

A perfect workout always includes three phases:

- *Warm-up*
- *Exercise in your target heart rate zone*
- *Cool-down and stretching*

■ A proper warm-up prepares your heart and muscles for the action that lies ahead

Begin slowly with a 5-10 minute warm-up at a heart rate level below your target zone. Gradually increase intensity until you reach your target heart rate zone.

■ Exercise in target zone for at least 20 minutes

Maintain your target intensity for not less than 20 minutes. Make sure you stay inside your zone to maximize the effect.

■ Cool down and stretch

Once your session is over, gradually reduce intensity back to starting level, and remember to stretch the muscles you exercised. Stretch slowly and steadily, then hold the stretch for a slow count of ten.

Give your body time to rest and recover!

Exercising pushes the body out of its comfort zone. To better face future challenges, the body will prepare itself and make readjustments at rest. In other words, fitness improves not during exercise but during rest.



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