

PLAR HEART RATE ZONES FOR CHILDREN AND ADOLESCENTS

HEART RATE ZONE

FEELS LIKE

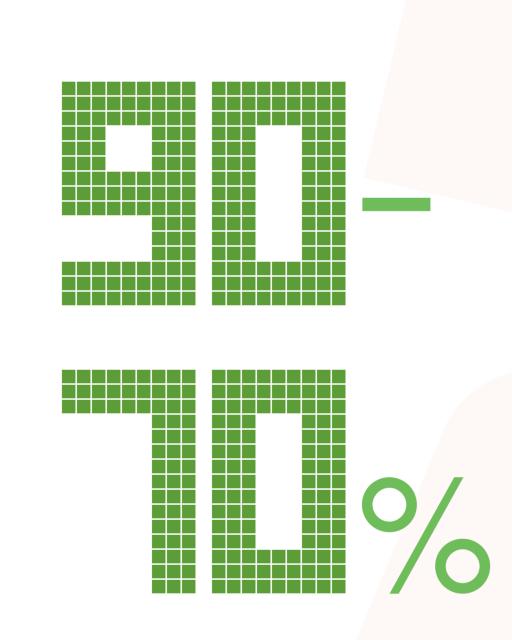
EXAMPLE ACTIVITIES

BENEFITS

VIGOROUS TO VIGOROUS+

- » VERY EXHAUSTING
- » FAST BREATHING
- » MUSCLES MAY FEEL TIRED
- » SHORT SPRINTS
- » SOCCER
- » BASKETBALL

DEVELOPS MAXIMUM PERFORMANCE AND SPEED



MODERATE TO VIGOROUS

- » EASY TO HEAVY BREATHING
- » LIGHT MUSCULAR STRAIN
- » AVERAGE SWEATING



» GAMES

- » JOGGING
- » CYCLING
- » DANCING

INCREASES **BRAIN POWER AND** MUSCULAR

STRENGTH!

IMPROVES AEROBIC FITNESS AND PERFORMANCE CAPACITY

EASY TO MODERATE

- » EASY, COMFORTABLE BREATHING
- » LOW MUSCLE LOAD
- » LIGHT SWEATING

- » WARM-UP AND COOL-DOWN
- » BRISK WALKING
- » PLAYING CATCH
- » VOLLEYBALL



IMPROVES BASIC ENDURANCE AND MUSCLE TONE

