



# student handout

# SPINNING®

## SPINNING® AND HEART RATE MONITORS

### Why Use a Heart Rate Monitor?

Whether you exercise to burn fat and calories, feel energized or strengthen your cardiorespiratory system, your body needs to work at the right intensity—not too strenuous and not too light. Using a heart rate monitor is the most effective way to ensure that your Spinning training delivers the results you want, while avoiding weight loss plateaus, fatigue and injury.

You may be thinking, "But why can't I just count my pulse or use rating of perceived exertion?" Those methods simply don't deliver an accurate measurement of your heart rate. Counting your pulse requires you to slow down your activity, which in turn causes your heart rate to drop. RPE is a very general gauge that can't really ensure that you're training in the right heart rate zone.

1. To reach your fitness goals, you need to exercise at the right intensity.
2. Heart rate is the only accurate measure of your intensity.
3. A Polar® heart rate monitor is the easiest and most accurate way to continuously measure your heart rate.

**With a heart rate monitor, you can take your Spinning workouts to a whole new level. Your Spinning instructor will guide you through the Energy Zones™ that are right for you.**



Energy Zone	Intensity Range	Purpose
Recovery	50% to 65% of MHR	Relaxation and energy accumulation.
Endurance	65% to 75% of MHR	Raises metabolism, burns fat, increases energy.
Strength	75% to 85% of MHR	Improves muscular endurance and mental stamina.
Interval	65% to 92% of MHR	Trains the heart to recover quickly from work effort.
Race Day	80% to 92% of MHR	Challenges the well conditioned exerciser.

To order a heart rate monitor or for more information, visit [www.spinning.com](http://www.spinning.com) or call 800.847.SPIN (7746).

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