

Fitness Target Zones: Heart Rates

Exercise Level	Benefits	Intensity Level (Max HR %)
Light Exercise	Healthy Heart Maintenance	50% - 60%
Weight Loss	Burn Fat & Calories	60% - 70%
Base - Aerobic	Increase stamina & endurance	70% - 80%
Conditioning	Fitness conditioning, muscle building, and athletic training	80% - 90%
Athletic - elite	Athletic training and endurance	90% - 100%