

This personal profile gives detailed and useful information about how your body responds to exercise. Your metabolism is unique to you, and with a little metabolic know-how, you can train your body to burn fat faster. When your body is working efficiently, most of the calories it burns come from fat. When it's working inefficiently (you know it as that point in your workout where you're gasping for breath), your body burns mostly carbohydrates - and that won't help you shed those extra pounds or improve your athletic performance nearly as fast as you'd like.

By using the personal metabolic information in this report, you'll be able to train at the right intensity (or 'zone') for the right amount of time. And that will put you on the path to fitness success. No matter what goal you've set - from weight loss to improved athletic performance - you can achieve it by learning to exercise smarter instead of harder.

**Your Base**

**Your base is in Zone 1. Your heart rate for that Zone is 148 - 158 bpm.**

**At your base, you burn 5.7 fat calories per minute.**

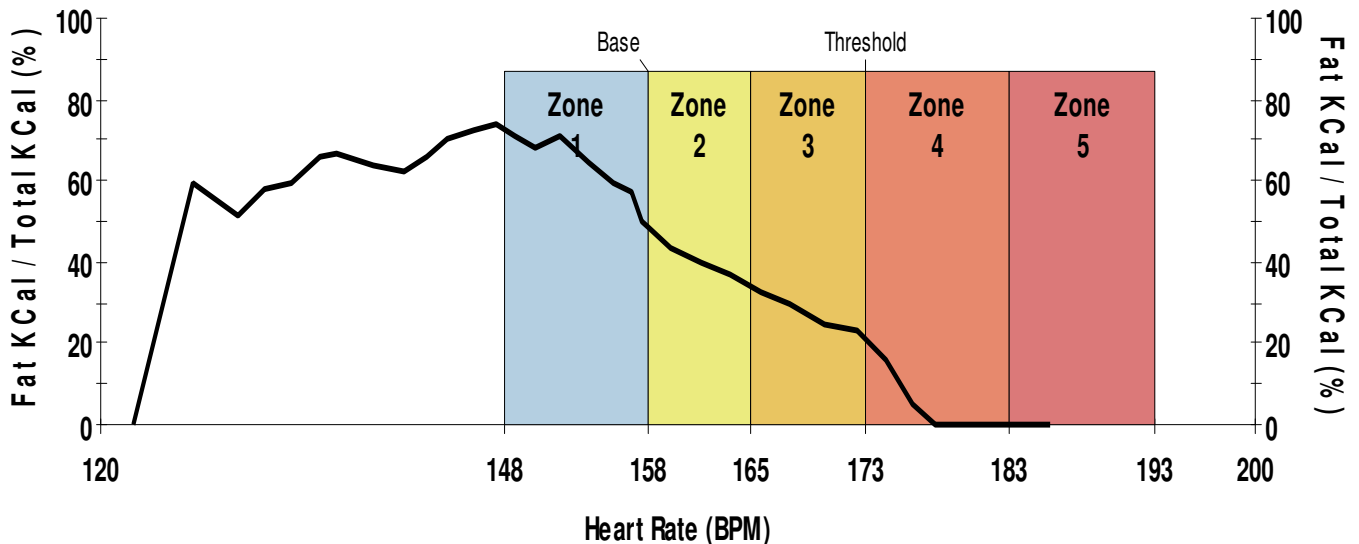
Your Base is the heart rate at which your body burns the most calories while still using fat for fuel. Because of the all-too-common belief that we have to 'work hard' to get fit, most of us exercise in a way that isn't all that efficient at burning the fat stored in our body. With proper zone training, you can make the most of your time spent exercising. By building a solid fitness foundation (or 'base training'), you will begin to increase your ability to exercise at a higher intensity with seemingly less effort. And that, ultimately, improves your Threshold.

**Your Threshold**

**Your threshold is 173 bpm.**

**Your threshold marks the end of Zone 3. Your heart rate for Zone 3 is 165 - 173 bpm.**

Your threshold is the last stop for burning fat. It's the point where your breathing becomes labored and your muscles burn. Working out at your Threshold has both risks and benefits. Spend all your time exercising above your Threshold and you may improve your fitness but you will not readily lose weight or body fat. Work out at this point for too long without having built a solid fitness foundation and you may injure yourself. While you build your fitness foundation, you'll exercise up to the intensity of your Threshold. That way, you'll teach your body to burn more fat more efficiently. Over time you'll see your Threshold heart rate increase, and you'll also see an increase in the percentage of fat you burn while working in Zone 3.



The Fat Factor (KCal/Min)					
Total	10.5	12.4	13.6	16.5	18.6
Fat	6.5	5.0	3.8	0.5	0.0
Fat %	62	40	28	3	0

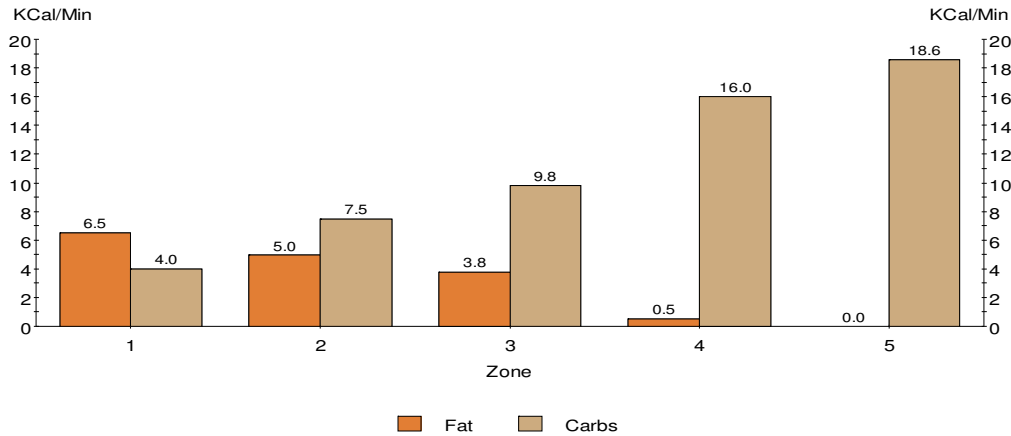
## Your Heart Rate Training Zones

When you know - and use - your Base heart rate, your Threshold heart rate, and your heart rate training zones, you get maximum benefit from your workout: more energy, more fat burning, better performance, and improved fitness. At Life Time Fitness, we use your Base and Threshold to determine your heart rate training zones because we know that as your fitness level improves, so does your ability to exercise. Your heart rate ranges for each training zone will change over time but your ultimate goal is the same: burning more calories with less effort. Here's a guide to understanding the purpose, the how-to, and the sensations you'll experience in each zone:

HR Zone	HR Range	Objective Why work in this zone?	Application What to do in this zone.	Feeling What it feels like to work in this zone.
<b>1</b> <b>Active Recovery</b>	<b>148</b> - <b>158</b>	<ul style="list-style-type: none"> <li>- Prepare your body for exercise</li> <li>- Create blood flow</li> <li>- Recover after bouts of intense training</li> </ul>	<ul style="list-style-type: none"> <li>- Warm-up</li> <li>- Recover or rehabilitate muscles</li> </ul>	<ul style="list-style-type: none"> <li>- Core temperature begins to rise</li> </ul>
<b>2</b> <b>Aerobic Development</b>	<b>158</b> - <b>165</b>	<ul style="list-style-type: none"> <li>- Build aerobic efficiency</li> <li>- Teach your body to burn fat efficiently</li> <li>- Improve endurance</li> </ul>	<ul style="list-style-type: none"> <li>- Long, slow distance</li> <li>- Build fitness base</li> </ul>	<ul style="list-style-type: none"> <li>- Your body is working comfortably</li> <li>- No noticeable burn</li> </ul>
<b>3</b> <b>Aerobic Endurance</b>	<b>165</b> - <b>173</b>	<ul style="list-style-type: none"> <li>- Exercise longer at anaerobic intensities</li> <li>- Improve Threshold</li> <li>- Burn more calories</li> <li>- Burn fat more efficiently</li> </ul>	<ul style="list-style-type: none"> <li>- Long, moderate intervals (4 to 10 minutes each)</li> <li>- Build endurance</li> <li>- Steady runs</li> <li>- Group fitness</li> </ul>	<ul style="list-style-type: none"> <li>- Muscles feel the work but still get through the exercise</li> <li>- At Threshold, jaw drops, breathing is harder, muscles burn</li> </ul>
<b>4</b> <b>Anaerobic Endurance</b>	<b>173</b> - <b>183</b>	<ul style="list-style-type: none"> <li>- Increase tolerance for lactic acid</li> <li>- Exercise longer at anaerobic intensities</li> <li>- Improve Threshold</li> <li>- Increase cardiac performance (more work at a lower heart rate)</li> </ul>	<ul style="list-style-type: none"> <li>- Intense, medium-length intervals (1 to 4 minutes each)</li> <li>- Time trials</li> <li>- Tempo workouts</li> <li>- Group fitness</li> </ul>	<ul style="list-style-type: none"> <li>- Difficult, uncomfortable</li> <li>- Muscles feel heavy, the burn is intense</li> <li>- Feels like you can't continue much longer</li> <li>- Mentally, looking for a way out</li> </ul>
<b>5</b> <b>Speed/Power</b>	<b>183</b> - <b>Peak</b>	<ul style="list-style-type: none"> <li>- Develop speed</li> <li>- Develop muscle power</li> <li>- Increase VO<sub>2</sub> Peak</li> </ul>	<ul style="list-style-type: none"> <li>- Very intense, short intervals (up to 1 minute each)</li> <li>- Sprints</li> </ul>	<ul style="list-style-type: none"> <li>- Very uncomfortable</li> <li>- Out of breath, heart is pounding</li> <li>- Loss of form</li> <li>- Muscles give out</li> </ul>

**How to Burn More Fat**

Ever wonder how many calories you burn during your workout? Want to know how many of those calories come from fat? That's what your metabolic profile reveals: its a snapshot of your body's caloric expenditure during different exercise intensities (as measured by heart rate). The chart below shows how many fat and carbohydrate calories you burn per minute in each of your personal heart rate training zones.



**Your Peak VO<sub>2</sub>**

**At your Threshold, your VO<sub>2</sub> is 44.2 ml/kg/min.**

**Your Peak VO<sub>2</sub> is 59.3 ml/kg/min.**

**Threshold/Peak: 75%**

Your body needs oxygen to burn fat. VO<sub>2</sub> stands for the Volume of Oxygen your body absorbs per minute while at rest and when you move. We measure Peak VO<sub>2</sub>, which is the maximum amount of oxygen you used during this assessment. Your Peak VO<sub>2</sub> measures your heart and lung fitness and is considered the gold standard for determining your exercise potential. How well do you live up to your potential? There are two ways to determine this and both are equally important. The first determines how well your engine is tuned and is indicated by the percentage your Threshold VO<sub>2</sub> is of your Peak VO<sub>2</sub>. The closer your Threshold VO<sub>2</sub> is to your Peak VO<sub>2</sub>, the more fit you are. In addition, the higher your Peak VO<sub>2</sub>, the more fit you are as well.

Use this chart to see how you compare to others of your age and gender in the general population:

<b>Percentile</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>90</b>	49.0	45.8	42.6	37.8	34.6
<b>80</b>	44.2	41.0	39.4	34.6	33.0
<b>70</b>	41.0	39.4	36.2	33.0	31.4
<b>60</b>	39.4	36.2	34.6	31.4	28.3
<b>50</b>	37.8	34.6	33.0	29.9	26.7
<b>40</b>	36.2	33.0	31.4	28.3	25.1
<b>30</b>	33.0	31.4	29.9	26.7	23.5
<b>20</b>	31.4	29.9	28.3	25.1	21.9
<b>10</b>	28.3	26.7	25.1	21.9	20.3

Source: ACSM's Guidelines for Exercise Testing and Prescription Seventh Edition 2006

**Recovery Heart Rate**

**Recovery Start: 0**

**Recovery + 1 Minute: Unavailable**

**Recovery + 2 Minutes: Unavailable**

As you increase your level of fitness, your heart gets stronger and recovers faster from exercise. Your heart, being a muscle, does get stronger with exercise. A stronger heart pumps more blood to your body each beat with less effort, giving you a lower resting heart rate. Track your progress by monitoring your recovery heart rate twice a week.



**Reassessing**

Staying in tune with your metabolism gives you the best chance to achieve overall weight management, fitness, and performance success. We recommend you reassess your metabolic performance in 4 weeks.

Questions about your program? Contact your Life Time Fitness Metabolic Specialist or a member of our personal training staff today.

## Your Exercise Program

Based upon your CardioPoint results and your fitness goals, here is your recommended exercise program:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>		Base Builder 1 15		Zone 2 15		Base Builder 2 15	
<b>Week 2</b>		Base Builder 3 15		Base Builder 1 15		Zone 2 15	
<b>Week 3</b>		Base Builder 2 15		Base Builder 3 15		Base Builder 1 15	
<b>Schedule an appointment to get retested.</b>							
<b>Week 4</b>		Zone 2 15		Base Builder 2 15		Base Builder 3 15	

### Tips for Fitness Success

Dedicate the next 4 weeks to pursuing your fitness goal.

During your workouts, avoid stopping at any one heart rate. Instead, as you're exercising in a specific heart rate zone, be sure to progress through its entire range. That way, your body will build a greater range of fat-burning efficiency.

To learn more about heart rate training, check out these articles from *Experience Life* magazine:

**A Better Way to Burn Fat** (Jan/Feb 2007) <http://tinyurl.com/2GTQ2D>

**Maximize Your Metabolism** (May 2006) <http://tinyurl.com/2PLRJQ>

**The AT Factor** (May 2005) <http://tinyurl.com/YT36A7>