

# Orangetheory 101

## We train in 5 Heart Rate Zones...

|   |  |   |   |   |
|---|--|---|---|---|
| <p>ZONE 1<br/><b>50-60%</b><br/>MAX HR</p> <p>This is your safest, most comfortable zone. It's the "very light activity zone." You will become healthier in this zone but not improve your fitness level.</p> | <p>ZONE 2<br/><b>61-70%</b><br/>MAX HR</p> <p>This is your "slowly start jogging, power walking, rowing, or pedaling zone." This zone prepares your body for the higher intensities to come very soon.</p> | <p>ZONE 3<br/><b>71-83%</b><br/>MAX HR</p> <p>The pace and intensity is challenging but could be continued for 20 - 30 minutes. The goal is to spend 25 - 35 minutes of an Orange 60 workout in zone 3.</p> | <p>ZONE 4<br/><b>84-91%</b><br/>MAX HR</p> <p><b>The Orange Effect! The goal is to spend 12 minutes or more of an Orangetheory workout in this zone. That's all you need to achieve EPOC and optimize caloric burn.</b></p> | <p>ZONE 5<br/><b>92-100%</b><br/>MAX HR</p> <p>This is the zone you might achieve when you empty your tank with an All Out effort. You do not need to reach this zone to experience maximum results. If you do reach this zone, you want to be here for only 30 seconds - 1 minute at a time.</p> |
|---|--|---|---|---|

## During class, track your progress



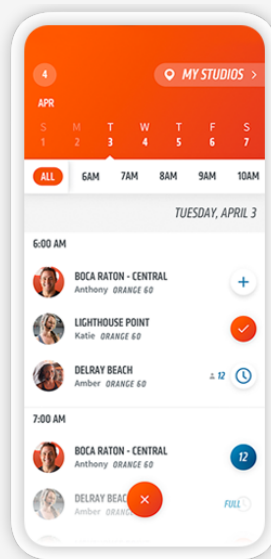
**BASE PACE**  
"Challenging but doable"

**PUSH PACE**  
"Huffin' and Puffin'"

**ALL OUT**  
"Empty the tank"

|  | BASE                        | PUSH                   | ALL OUT                |
|--|-----------------------------|------------------------|------------------------|
| <b>Power Walker</b>                            | 3.5-4.5 mph<br>1-3% incline | 4% incline or greater  | 10% incline or greater |
| <b>Jogger</b>                                  | 4.5-5.5 mph<br>1% incline   | 1-2 mph over base pace | 2+ mph over base pace  |
| <b>Runner</b><br>*10-minute mile pace or under | 5.5+ mph<br>1% incline      | 1-2 mph over base pace | 2+ mph over base pace  |

## After class, view your results!



Download the Orangetheory App!