

Perceived Exertion



1- Rest to very easy

2- “

3- “

4- “

>Aerobic threshold<

(30min -3 hrs)

5- a little uncomfortable

>ANT Anerobic threshold<

(12 to 45 min)

6- Uncomfortable

The ZONE

7- Uncomfortable

8- Hard work

>Max Vo2 Max Aerobic capacity<

(1 to 5 min)

9-Very hard Work

10- **Hurtful 10++**

Three energy systems operate within the body ,Aerobic Lactic, Alactic . while exercising on cardio equipment

RATE YOURSELF (1 to 10)

according to your

PERCEIVED EXERTION

Fat burning ? mainly occurs ‘after your workout’

Fact: 1 kg body fat = 7,700 calories

1 cardio workout = 45 min is about 300 calories

7,700 :-300 calories = 25 hours of work ?

Questions? ask Graham Healy