

Exercise Progression: Start with as many days per week as you can and build up by an extra day each week until 6 days a week.

Duration: Start with as many minutes as you can exercise and add a minute each workout until at 45-60 minutes. You can measure your heart rate by counting the number of beats on the pulse point in your wrist or neck for ten seconds, then multiply by 6. Your training heart rate is as fast as you can exercise and still talk comfortably to a person standing next to you, however you will need my specific guidance if you are taking any medications. For the most effective workouts, I will monitor your heart rate during circuit training and all other sessions we have together. Pay close attention to your working heart rate range in the table listed below.

Working Heart Rate Range Chart
Beats Per Minute (BPM)

Resting Heart Rate	Age							
	30 & Under	31-40	41-45	46-50	51-55	56-60	61-65	Over 65
50-51	140-190	130-190	130-180	120-170	120-170	120-160	110-150	110-150
52-53	140-190	130-190	130-180	120-170	120-170	120-180	110-150	110-150
54-56	140-190	130-190	130-180	120-170	120-170	120-160	110-150	110-150
57-58	140-190	130-190	130-180	130-170	120-170	120-160	110-150	110-150
59-61	140-190	140-190	130-180	130-170	120-170	120-180	110-150	110-150
62-63	140-190	140-190	130-180	130-170	120-170	120-160	120-150	110-150
64-66	140-190	140-190	130-180	130-170	130-170	120-160	120-150	110-150
67-68	140-190	140-190	140-180	130-170	130-170	120-160	120-150	110-150
69-71	150-190	140-190	140-180	130-170	130-170	120-180	120-150	120-150
72-73	150-190	140-190	140-180	130-170	130-170	130-160	120-150	120-150
74-76	150-190	140-190	140-180	130-170	130-170	130-160	120-150	120-150
77-78	150-190	140-190	140-180	130-170	130-170	130-160	120-150	120-150
79-81	150-190	140-190	140-180	130-170	130-170	130-160	120-150	120-150
82-83	150-190	140-190	140-180	140-170	130-170	130-180	120-150	120-150
84-86	150-190	150-190	140-180	140-170	130-170	130-160	120-150	120-150
87-88	150-190	150-190	140-180	140-170	130-170	130-160	130-150	120-150
89-91	150-190	150-190	140-180	140-170	140-170	130-180	130-150	120-150