

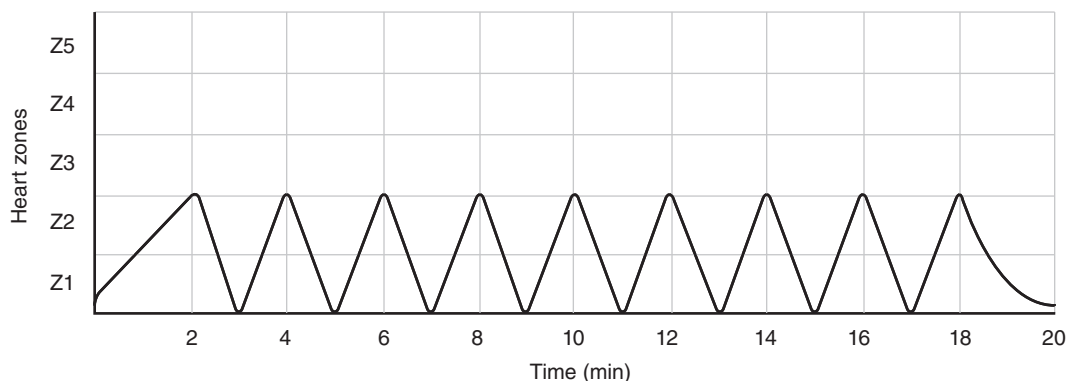


If you are just getting started on a fitness program, this 24-minute workout will help you build endurance, or aerobic strength. Working in zones 1 and 2, the healthy heart and temperate zones, helps you develop and strengthen the heart muscle. Working in these low heart zones also provides such benefits as decreased blood pressure, lowered serum cholesterol levels, and stabilized body weight.

Instructions

Crisscrossing between any two heart zones is like dribbling a ball: your heart rate rebounds from top to bottom repeatedly. Each time you hit the heart rate that corresponds with your zone 2 ceiling, reduce the intensity and allow your heart to recover until it reaches the bottom of zone 1. When your heart rate reaches the floor of the zone, pick up the pace or increase your exercise load to raise your heart rate back to the zone 2 ceiling. Continue this pattern, bouncing from bottom to top to bottom to top, and so on. A future adaptation of this workout could be to do the same pattern in two higher zones, such as zones 3 and 4.

This workout gives you a good feel for the two lowest zones. These are known as comfort zones because they are pleasant and comfortable to work in. That is, you should not feel overly stressed or fatigued when working in these zones. In addition, low-intensity training offers a much-needed sanctuary of rest and recovery from high-intensity training. The outline and profile of this workout are shown in the following figure and table.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	2	1	2
Main set	20	2	40
Cool-down	2	1	2
Totals	24	Two zones	44