

How to Find the Perfect Heart Rate Monitor to Help Maximize Your Workouts

Tri-athletes use them, so do marathon runners and top cyclists. A good heart rate monitor can help you train within your target heart rate range which in turn will help you to maximize the effectiveness of your workout. The great thing about heart rate monitors is that there is a huge selection and you can actually buy a decent one for under \$100US. Some of the leading brands include Polar and Timex. Heart rate monitors are also used by walkers, hikers, skiers and climbers. Anyone can use one to track their heart rate no matter which activity you are doing. If you are an avid outdoors person, the ultimate heart rate monitor for you is the Polar AXN700. The features are fantastic including:

- Altimeter – displays current altitude, graphical trend curve and vertical progress
- Vertical speed readout – shows both ascent and descent rate of speed
- Barometer – if weather changes are important to you, this heart rate monitor will indicate pressure and temperature changes
- Compass – will help you in heading in the right direction
- Heart rate rest test – this feature lets you know how well you have adapted to your new conditions

This heart rate monitor is at the high end of the price scale coming in around \$450US. On the flip side, it offers you some pretty cool features. Polar heart rate monitors are getting very sophisticated. They are actually able to count both calories and fat burned during your workout as well as monitor your heart rate including average heart rate, peak heart rate and more. This alone can help motivate you into working out longer or harder. This is an excellent way to help you stay on track with your fitness goals. Be sure to check out the Polar F11 if you like the features mentioned above. Prices will range around the \$180US mark. If you are looking for a basic heart rate monitor designed for the everyday athlete, the Polar S120 is a good, basic monitor at a great price. You can often find them for less than \$100US. The range of heart rate monitors on the market is huge. Know which features you want and the price range you are will to pay and narrow down your search that way.

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