

## Why Are Fitness Professionals So Obsessed With Target Heart Rates?

You'll often read that your target heart rate goal should be from 60 to 80 percent of your maximum heart rate when you exercise. And, to obtain the health benefits gained from cardiovascular exercise your workout plan should include a goal of three to five workouts per week - 20 to 60 minutes (excluding warm-ups). Although athletes often exceed the 60-80 percent target to build endurance, the average person gains little additional value when their heart rate exceeds this range. Exceeding the target range puts undue stress on your body and increases your potential for injury. The heart is simply working too fast and your body has a difficult time replenishing oxygen. On the flip side, exercise below the 60 percent target has fewer benefits for those exercising on a regular basis. So yes, heart rate monitors are useful tools for those interested in maximizing their results in the least amount of time. They are especially useful for endurance athletes and those interested in losing weight. Keeping your heart rate within the target range allows you to exercise for longer periods without exhausting your body's resources and you achieve maximum benefits during your workout.

## About the Author

Offers fitness and exercise product information on a full line of cardio and strength.

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