Total Heart Rate Training: Customize and Maximize Your Workout Using a Heart Rate Monitor

By Joe Friel

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Total Heart Rate Training: Customize and Maximize Your Workout Using a Heart Rate Monitor, Joe Friel, TRAIN SMARTER WITH THE NEWEST HIGH-TECH HEART RATE MONITORSWhether you are just starting a fitness program or are an experienced athlete, you can greatly benefit from paying attention to your heart rate during exercise. Heart rate serves as a window into the body, giving you minute-to-minute feedback on your physical condition based on all the factors affecting it--exercise intensity, diet, temperature, humidity, altitude, fatigue, and more."Total Heart Rate Training" explains: -Heart function during exercise-How heart rate monitors work-Simple ways to use a heart rate monitor-Advanced heart rate training techniques With "Total Heart Rate Training," you can design a personalized program that practically guarantees you'll achieve your fitness goals. You'll be able to determine the precise and optimal heart rate for each day's workout by using your heart rate monitor to keep you on target. It's like having a personal trainer telling you when to go harder and when to back off.This book also shows how powermeters and accelerometers enable you to compare your body's input, as measured by heart rate, with its output-power or pace. It's...

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This publication will not be straightforward to begin on studying but quite fun to see. It really is basic but shocks in the fifty percent of the ebook. I realized this ebook from my dad and i advised this pdf to learn.
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