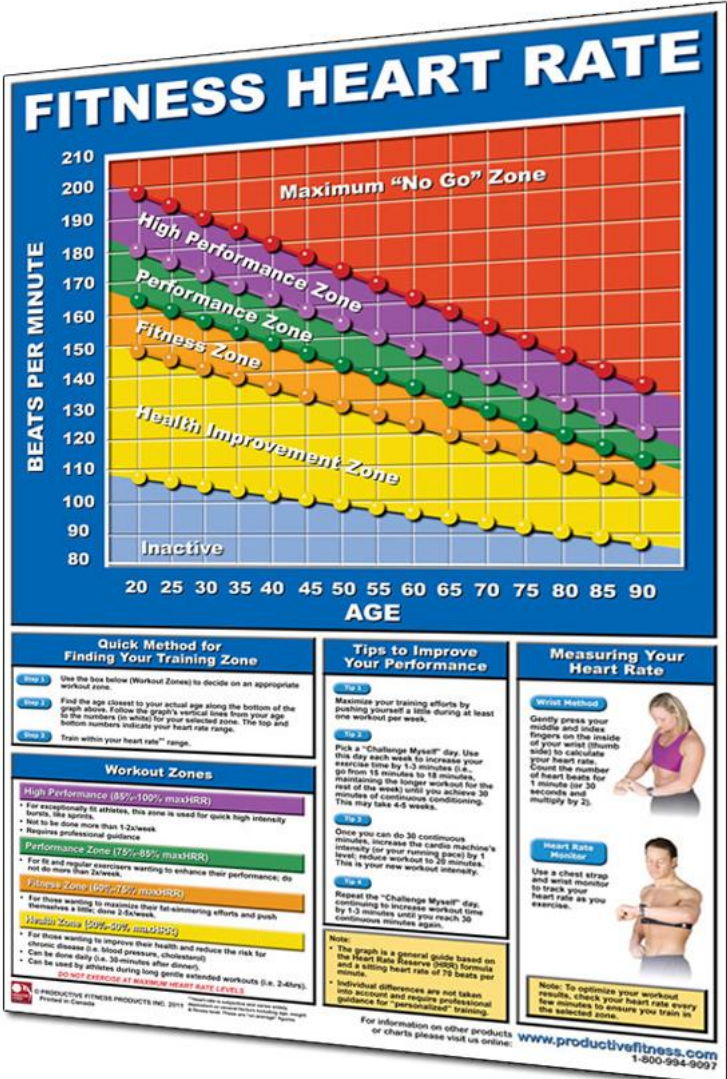


Fitness Heart Rate Chart– PF001

<p>Description</p>	<ul style="list-style-type: none"> ◆ This dynamic Fitness Heart Rate Poster helps determine what Training Zone you are in by cross-referencing your heart rate (beats per minute) and your age. You'll know whether you are working too hard or not hard enough. ◆ Moreover this chart offers the tips you need to improve your health and your exercise performance. ◆ Calculate your heart rate training zone at a glance using the zone chart. ◆ Use the poster's formula to calculate a more precise and optimal zone that you can measure over time. ◆ Follow the Tips to Improve Your Performance section, including the "Challenge Myself" guidelines to consistently improve your fitness level. ◆ Determine your Fitness Zone, which ranges from "Inactive" to "Fitness" to "High Performance" and build on it.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The image shows a poster titled "FITNESS HEART RATE" with a grid of heart rate (beats per minute) on the y-axis (80 to 210) and age on the x-axis (20 to 90). The chart is divided into several zones: Inactive (blue), Health Improvement Zone (yellow), Fitness Zone (orange), Performance Zone (green), High Performance Zone (purple), and Maximum "No Go" Zone (red). Below the chart are three sections: "Quick Method for Finding Your Training Zone" with three steps, "Tips to Improve Your Performance" with four tips, and "Measuring Your Heart Rate" with two methods (Wrist Method and Heart Rate Monitor) and a note about optimizing results.</p>