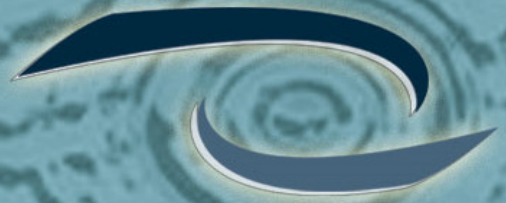


CARDIO COACH LEGACY



Using a Cardio Coach Legacy Workout

1



Upload workout to your mobile device

2

Find your zones on the [Heart Rate Zone document](#) (note these are approximate and your fitness level will determine your true zones)

Age	Estimated Max. Heart Rate	Blue Zone 55% - 65% of EMHR	Green Zone 65% - 75% of EMHR	Orange Zone 75% - 85% of EMHR	Red Zone 85% - 95% of EMHR
30	190	105 - 124	124 - 143	143 - 162	162 - 181
31	189	104 - 123	123 - 142	142 - 161	161 - 180
32	188	103 - 122	122 - 141	141 - 160	160 - 179
33	187	103 - 122	122 - 140	140 - 159	159 - 178
34	186	102 - 121	121 - 140	140 - 158	158 - 177
35	185	102 - 120	120 - 139	139 - 157	157 - 176
36	184	101 - 120	120 - 138	138 - 156	156 - 175

3



Put on your workout clothes and running shoes



4



Get on your stationary exercise equipment or go outside
* DO NOT listen at your desk –
Cardio Coach must be experienced, not just listened to!

5



Press PLAY and let the magic
that is Cardio Coach Legacy happen!

Contact Jeff@CC-Legacy.com if you have any questions