



WORKOUT INTENSITY CHART

WORKOUT LEVELS		AGE 20	AGE 25	AGE 30	AGE 35	AGE 40	AGE 45	AGE 50	AGE 55	AGE 60	AGE 65	AGE 70	PERCEIVED EXERTION (PE)	CALORIES BURNED PER MINUTE*	PERCENTAGE OF CALORIES BY FUEL TYPE*
10 MAXIMUM	MAXIMUM HEARTRATE (MHR) →	200	195	190	185	180	175	170	165	160	155	150	MAXIMUM	Cannot Sustain or Calculate	5% FAT 90% CARB 5% PROTEIN
9 ANAEROBIC	90% - 100% MHR	180	175	171	166	162	157	153	148	144	139	135	VERY HARD	15+	10% FAT 85% CARB 5% PROTEIN
8 ANAEROBIC THRESHOLD	80% - 90% MHR	160	156	152	148	144	140	136	132	128	124	120	HARD	12-15	20% FAT 75% CARB 5% PROTEIN
7 AEROBIC (ADV)	70% - 80% MHR	140	136	133	129	126	122	119	115	112	108	105	SOMEWHAT HARD	10-12	45% FAT 50% CARB 5% PROTEIN
6 AEROBIC (INT)	60% - 70% MHR	120	117	114	111	108	105	102	99	96	93	90	EASY	6-10	70% FAT 25% CARB 5% PROTEIN
5 AEROBIC (BEG)	50% - 60% MHR	100	97	95	92	90	87	85	82	80	77	75	VERY EASY	4-6	85% FAT 10% CARB 5% PROTEIN

*This chart contains **APPROXIMATE** calculations to demonstrate the relationship between workout intensity, heart rate, PE and caloric/fuel expenditure. Using the formula $220 - \text{age} = \text{MHR}$ (MAXIMUM HEART RATE) we **ESTIMATE** your MHR and then calculate your workout levels using this estimate. Calculations can vary up to 20 beats (+/-) per minute due to factors that can alter heart rate, so it's recommended to have a professional determine your specific MHR to use with this chart instead. Consult your doctor before using this chart and use at your own risk. ©2008 Susanne Paynovich World Rights Reserved.

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POOL CHART

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8 ANAEROBIC THRESHOLD	80% - 90% MHR		I can still talk but don't really want to. I need my oxygen. I can barely say, "Mary had a" before needing another breath.	HARD	12 - 15	20% FAT 75% CARB 5% PROTEIN
7 AEROBIC (ADV)	70% - 80% MHR		I can talk comfortably but am slightly breathless. I can say, "Mary had a little lamb, its fleece was white as snow" before needing another breath.	SOMEWHAT HARD	10 - 12	45% FAT 50% CARB 5% PROTEIN
6 AEROBIC (INT)	60% - 70% MHR		I can still talk comfortably. I notice my breathing rate has increased.	EASY	6 - 10	70% FAT 25% CARB 5% PROTEIN
5 AEROBIC (BEG)	50% - 60% MHR		I can talk comfortably and easily, and can carry on a conversation effortlessly.	VERY EASY	4 - 6	85% FAT 10% CARB 5% PROTEIN

*This chart contains **APPROXIMATE** calculations to demonstrate the **RELATIONSHIP** between workout intensity, heart rate, PE, the talk test & caloric/fuel expenditure. Calculate your **MAXIMUM HEART RATE** & **HEART RATE** numbers, and then enter into blank spaces provided. Consult your doctor or fitness professional before using this chart and use at your own risk.

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with
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CHART



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WELCOME!

Here's your free Aquatic Workout Intensity Chart & Pool Chart! I created these charts so you could see side-by-side the 3 most common ways to monitor your workout intensity (heart rate, talk test & perceived exertion) and teach you the different workout levels to meet your fitness goals.

These two charts, along with its companion ebook are my attempt to answer some of the most frequently asked questions from my customers and clients. Questions such as *"How many calories do I burn during my WaterGym workouts?"* or *"What workout intensity level is best for fat burning?"* and more.

Below I've included the first 12 pages of the companion ebook that goes with the charts so you can print out, fill in your numbers and get started. If you want the entire ebook, it's an instant download for a small fee from my website and can be yours in minutes. The link is provided at the end. Hope this info is helpful for you! Cheers! ~ Susanne

SAFETY INSTRUCTIONS: Please read

The WaterGym® WORKOUT INTENSITY CHART and POOL CHART are **general** charts containing **approximate** calculations to help demonstrate the **relationship** between workout intensity, heart rate, perceived exertion, talk test and caloric/fuel expenditure. These charts utilize your age to **estimate** your MAXIMUM HEART RATE (MHR), using the standard formula of $220 - \text{age} = \text{MHR}$, then calculates all of your workout levels from your **estimated** MHR. Calculations can vary up to 20 beats (+/-) per minute due to many factors that can elevate or lower your heart rate such as; stress, caffeine, medications, dehydration and fitness levels. Additionally, **while exercising in water, your heart rate may be 3-20 beats lower** than while exercising on land. Therefore, it's recommended to have your doctor or fitness professional help you determine your specific MHR and HEART RATE numbers to use with our charts instead. Consult your doctor for advise before using these charts & use at your own risk.

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CHART DEFINITIONS

WORKOUT LEVELS

WORKOUT LEVELS are defined using a simplified effort scale ranging from LEVEL 5 (50% of MHR) to LEVEL 10 (100% of MHR). Each WORKOUT LEVEL represents a 10% increase in effort.

MAXIMUM HEART RATE (MHR)

MHR is the MAXIMUM number of times your heart can beat per minute.

HEART RATE

HEART RATE represents your heart rate (heartbeats) per minute at each of your different WORKOUT LEVELS.

TALK TEST (TT)

TALK TEST is a self-administered test measuring your ability to talk during your workout. (pool chart only)

PERCEIVED EXERTION (PE)

PERCEIVED EXERTION is a self-evaluation of your workout intensity, based on paying attention to the physical sensations experienced during exercise including; increased breathing rate, increased heart rate, increased sweating & muscle fatigue.

CALORIES BURNED PER MINUTE

This column estimates the approximate number of calories you burn per minute at each WORKOUT LEVEL.

PERCENTAGE OF CALORIES BY FUEL TYPE

This column defines the approximate percentage of calories burned as a function of fuel type at each WORKOUT LEVEL. (fats, carbohydrates & proteins)



WORKOUT INTENSITY CHART

WORKOUT LEVELS	AGE	20	25	30	35	40	45	50	55	60	65	70	PERCEIVED EXERTION (PE)	CALORIES BURNED PER MINUTE*	PERCENTAGE OF CALORIES BY FUEL TYPE*
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WORKOUT INTENSITY CHART

1. FILL IN YOUR POOL CHART

First, let's fill in your POOL CHART. Use a pencil and write lightly, as your HEART RATE numbers may change once you recalculate them. (pg 26)

1. Place both printed charts side by side in front of you. You'll be filling in the 6 blank spaces on your POOL CHART using the HEART RATE numbers you'll find on your WORKOUT INTENSITY CHART.

2. On your WORKOUT INTENSITY CHART, find your AGE (round to the closest number) and the 6 numbers that fall vertically below your age. If your age is not on chart see page 27.



POOL CHART

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POOL CHART

3. Duplicate these 6 numbers into the HEART RATE vertical column on your POOL CHART.

4. Now set your WORKOUT INTENSITY CHART aside. We'll only be using your POOL CHART from now on.



My age is 50. Above to the left, I yellow highlighted my HEART RATE numbers on my WORKOUT INTENSITY CHART. Then I entered them into my POOL CHART to the right. Notice how I rounded off my numbers to the nearest 5 or 0. This makes them easier to memorize once I'm in the pool. I'll leave in my HEART RATE numbers as an example.



POOL CHART

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5 AEROBIC (REG)	50% - 60% MHR	85	I can talk comfortably and easily and can carry on a conversation effortlessly.	VERY EASY	4 - 6	85% FAT 10% CARB 5% PROTEIN

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2. TALK TEST

Now let's dive into each category on your POOL CHART. To the right of your HEART RATE numbers is a column for TALK TEST.

What is TALK TEST (TT)?

TT is a self-administered test that measures your ability to talk during your workout, which decreases the harder you exercise.

While at rest, your muscle cells require minimal energy. However, muscle cells that are contracting (working) during exercise have a high demand for oxygen. As your workout intensity increases, so does your muscle's demand for oxygen. To deliver more oxygen to your working muscles, you must consume more oxygen by increasing your breathing rate. Consequently, it becomes more difficult to speak, and the amount of words you're able to say between breaths diminishes.



Look at the TALK TEST column on your POOL CHART. If I'm working out and can barely say, "Mary had a little lamb, its fleece was white as snow" before needing another breath, I'd be around a WORKOUT LEVEL 7.

How do I use TT during my workout?

While exercising, perform a "talk test" by reciting the popular nursery rhyme "Mary had a little lamb". **Speak clearly, out loud and don't speed.** Recite the entire rhyme or just repeat the first sentence: "*Mary had a little lamb, its fleece was white as snow; and everywhere that Mary went, her lamb was sure to go*". Then ask yourself, "Can I talk comfortably?" Also, note how many words you can say in a row.

AT LEVELS 5 & 6: You can talk comfortably, recite the nursery rhyme easily, and never need to pause or catch your breath. You could even sing!

AT LEVEL 7: You can talk comfortably, but are unable to hold a long conversation without having to pause for deep breaths. You're only able to say, "*Mary had a little lamb its fleece was white as snow*" before needing another breath.

AT LEVEL 8: Your breathing pattern noticeably changes. You can only talk in short bursts and can barely say "*Mary had a*", before needing another breath. You can talk but it's getting harder so you'd rather not. This change in your breathing pattern represents your "ventilatory threshold". This "threshold" point is your targeted area to exercise in if you're healthy, fit and want to exercise at your maximum "aerobic" level. Above this you move into "anaerobic" training. (pg 24)

AT LEVEL 9: You cannot talk comfortably and don't want to. You need all your oxygen. You can barely say "*Mary*".

AT LEVEL 10: You cannot talk. You're at your maximum.



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3. PERCEIVED EXERTION

What is PERCEIVED EXERTION (PE)?

PE is a self-evaluation of your workout intensity, based on paying attention to the physical sensations experienced during exercise including; increased breathing rate, increased heart rate, increased sweating and muscle fatigue.

The goal of this simple and popular method is to develop a mind/body relationship to workout intensity. Unfortunately, the subjective nature of PE renders inaccuracies primarily because of the emotional factor. For instance, someone who has not exercised much throughout their life might not be used to the physical sensations of higher exertion. They might find these sensations unfamiliar and frightening, thereby judging their workout out at much higher level than it truly is. Therefore, I encourage beginning exercisers to learn PE alongside the more objective and measurable methods of TT and HEART RATE to monitor their workout intensity.



Since PE is a subjective method of monitoring workout intensity, and TT & HEART RATE are more objective & measurable, I suggest:

1) Start with TT and HEART RATE methods (using a waterproof heart rate monitor). Experiment until you know your accurate HEART RATE numbers for each WORKOUT LEVEL.

2) Then using your waterproof heart rate monitor, exercise at each WORKOUT LEVEL. Closely observe what each level "feels" like. Eventually you'll have an intimate understanding of each level using PE & will only occasionally need to monitor your workout using TT & HEART RATE.

How do I use PE during my workout?

Simply pay attention to your body sensations and breathing rate during your workout. Then rate your WORKOUT LEVEL.

I was taught to breathe in a specialized way during my workouts. Will this affect my ability to use PE?

It might affect your breathing rate, which is one of the most important ways to evaluate your workout intensity using PE. I suggest you breathe naturally during your workout for a few weeks to fully experience PE, and then revert back.

While breathing, relax your face and let your breath flow naturally and without restriction. Try not to purse your lips, puff your cheeks or add any artificial effort to your airflow. Simply become aware of the organic rhythm and rate of your breath, which indicates your body's natural demand for oxygen at each of your different WORKOUT LEVELS.

How do the TT, PE and HEART RATE methods compare?

All three methods have a linear relationship to one another and to your workout intensity. I suggest experiencing them all.

- PE: subjective - relates to breathing rate and workout effort
- TT: objective - relates to breathing rate
- HEART RATE: measurable- relates to HEART RATE



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4. CALORIES BURNED PER MINUTE

To the right of PE is a column that estimates the approximate number of CALORIES BURNED PER MINUTE at each of your WORKOUT LEVELS.

How do I know if I'm burning calories during my workout?

You are *always* burning calories, because your body burns a certain number of calories per day to just maintain bodily functions. When exercising, you burn *extra* calories. How many depends on your workout intensity. As your workout intensity increases, your muscles demand more oxygen. For every liter of oxygen you inhale, you burn approximately 5 calories. Therefore, the more oxygen you inhale the more calories you burn. So your OXYGEN CONSUMPTION directly relates to your CALORIES BURNED.



Look at your POOL CHART. If I exercise at a WORKOUT LEVEL 7, I would be burning approximately 10-12 calories per minute. If I kept up this pace for 30 minutes I'd burn approximately 300 to 360 calories for my 30-minute workout.

The chart reads *approximate* number of calories burned per minute. Is there a way to know *exactly* how many calories I'm burning?

Unfortunately, the only way to tell exactly how many calories you are burning is to have a trained professional measure your OXYGEN CONSUMPTION during your pool workout, using expensive, cumbersome technical equipment. Therefore we can only estimate how many calories you are burning. Calorie burning also varies from sport to sport.

The chart reads that at WORKOUT LEVEL 6, I burn 6-10 calories per minute. That's a big variable. Can this be narrowed this down?

Remember, we can only estimate how many calories you're burning. With that in mind, know that each WORKOUT LEVEL has a "range" or "zone" (low, mid & high). If you are in the low-range of LEVEL 6 (60% of MHR) you're burning approximately 6 calories per minute, at the mid-range (65% of MHR) approximately 8 calories per minute, and at the high-range (70% of MHR) approximately 10 calories per minute.

How do TT and PE relate to calorie burning?

With both TT and PE you're evaluating and/or paying attention to your breathing rate (oxygen consumption) while exercising.

- OXYGEN CONSUMPTION relates to CALORIES BURNED
- TT & PE observe BREATHING RATE (oxygen consumption)
- Every liter of oxygen consumed = 5 calories burned



THANK YOU!

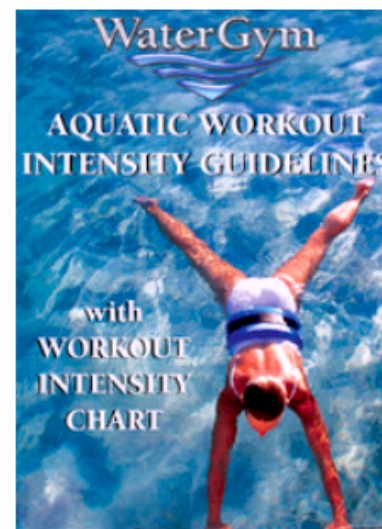
I hope you enjoyed these charts, and that the information you learned will help you maximize the benefits you'll get from your water workouts.

Many of you have either purchased my WaterGym® products or been in our WaterGym classes over the last 35 years, and I am sincerely grateful for all your great energy and support. I also value your emails and all your suggestions and comments. Please know I receive an overwhelming amount of emails, therefore cannot personally respond to everyone. However, I do read them all and greatly appreciate all of you, so thank you!

To your vibrant health & well-being! ~ Susanne



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