



Beach Babe

Set the Bar!

How to Calculate your Target Heart Rate -

Max HR

Resting HR

Max HR

220 - Your Age

Resting HR

Target HR

Start

$$\left(\left(\text{Max HR} - \text{Resting HR} \right) \times 0.85 \right) + \text{Resting HR} = \text{Target HR}$$

Week 8

$$\left(\left(\text{Max HR} - \text{Resting HR} \right) \times 0.85 \right) + \text{Resting HR} = \text{Target HR}$$

	Start	Week 2	Week 4	Week 6	Week 8
Resting Heart Rate (60 Sec.)					
Mid-Section (@ Belly Button)					
Hips (Around the Bum)					
Arms (Between Elbow & Shoulder)					
Thighs (Just below your bum)					
Love Pushups					
Starfish Situps					
Plyo Lunges					
Plank					
Excited Kitty					
Max HR (10 Seconds x6)					
Resting HR (10 Seconds x6)					
Recovery HR (Max - Resting)					