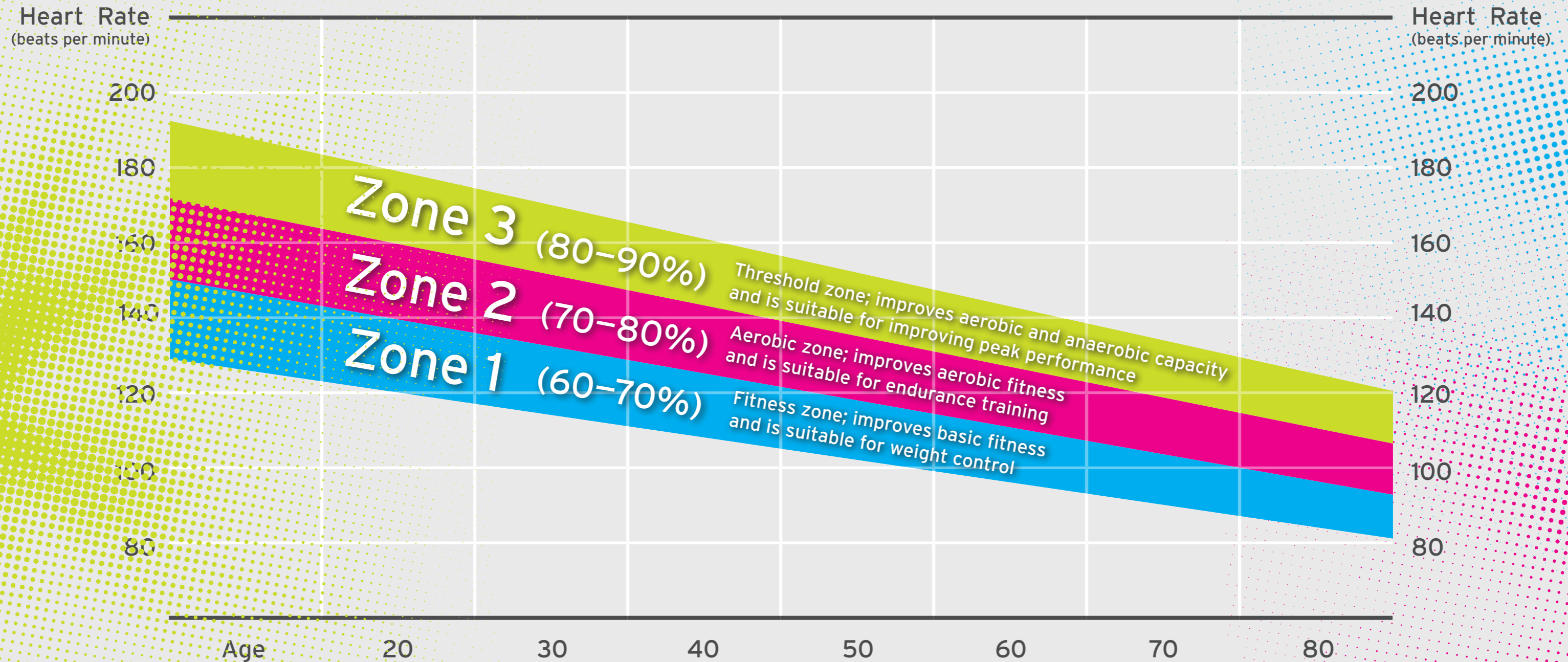


# Work out in your Cardio Tennis Zone

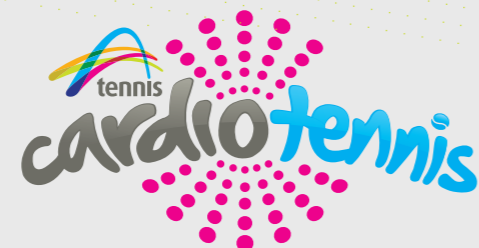
Work out from 70%–90% of your Maximum Heart Rate (MHR)  $MHR = 220 - \text{Your age}$



The zone defaults follow the guidelines of the American College for Sports Medicine for exercise prescription.

We recommend that you consult with a physician before participating in Cardio Tennis activities or any strenuous exercise routine.

\*Secondary workout zone for less conditioned, beginners or those in rehab = up to 70% of MHR



[tennis.kiwi/cardio](http://tennis.kiwi/cardio)