


31
Zone Mins

You did it!


1X 29 Zone Mins Fat Burn **2X** 2 Zone Mins Cardio & Peak

Earn Active Zone Minutes [See All](#)



Pull-up bar calisthenics




▶ 22 MIN



Turn & burn wheelchair cardio

▶ 19 MIN

Your Heart Rate Zones

<p>Fat Burn</p>  <p>105-132 BPM</p> <p>1X ZONE MINS</p>	<p>Cardio</p>  <p>133-166 BPM</p> <p>2X ZONE MINS</p>	<p>Peak</p>  <p>167 + BPM</p> <p>2X ZONE MI</p>
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Why it matters

What are Active Zone Minutes?

Active Zone Minutes track your time in a heart-pumping activity. The American Heart Association recommends 150 minutes of moderate activity or 75 minutes of vigorous activity per week. Learn more

Earn 2x the Active Zone Minutes when you work out harder!

- Earn 1 Zone Mins for 1 minute in fat burn zone.
- Earn 2 Zone Mins for 1 minute in cardio or peak zone.



[WATCH VIDEO](#)

Meet Active Zone Minutes

▶ 2 MIN