

HEART RATE CLASSES

Train Safer. Become Fitter. Be Stronger

Exercise should be inclusive no matter your age or fitness level. In normal exercise classes you may feel you aren't fit enough to keep up with others in the class. In our classes you wear a chest strap heart rate monitor giving us your real time Heart Rate data. We keep you in specific heart rate zones individual to your own heart rate so the playing field is level!



WHAT EQUIPMENT DO I NEED TO PARTICIPATE IN A HR CLASS?

You must own your own chest strap to participate in our class. We have them available for purchase for £10

During our December trial we will have monitors available to borrow or you can bring your own.

HOW LONG IS THE CLASS?

The class is 30 minutes long.



FOR MORE INFORMATION

www.back2frontphysio.com
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FAQ'S

Everything you need to know

We appreciate that Heart Rate Fitness Classes will be a new experience for most people and that you will have lots of questions about the classes and the monitors.

We have put together a list of FAQ's below – if you have a question that we haven't answered please just ask!

WHAT IS A HEART RATE MONITOR?

There are many different devices available to measure your Heart Rate (HR) including inbuilt within your smartwatch, an arm band and a chest strap. These wearable devices detect and track your heart or pulse rate continuously however their accuracy vary widely when training.

WHICH DEVICE IS THE MOST ACCURATE?

Both wrist and chest strap device technologies use algorithms to convert what they read into estimated heart rate. A recent study looked at the accuracy of smartwatches, armbands and chest straps against EMG (Electromyocardiogram used in science and health to detect heart changes). The chest strap was found to be 99% accurate with smartwatches coming out as low as 67% accurate (Fitbit).

HOW DOES THE MONITOR WORK?

The monitor uses electrical detection to track your heart rate. They detect electrical activity through a band that wraps around your chest. For these devices to work as designed, the band must be wet, or you need to use a conductive gel where the sensors touch your skin. Water or conductive gel improves electrical conduction, so it's easier for the device to detect your heart's electrical current.

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WHAT IS RHR?

Resting heart rate (RHR) is the number of times your heart beats per minute at rest -- is a quick way to gauge how efficiently your heart is working. RHR is a useful metric for measuring fitness level and overall health with a lower RHR being associated with a better fitness level. What's considered normal can vary widely from person to person, but in general, your RHR should fall between 60 and 100 beats per minute.

WHAT DOES MAX HR MEAN?

Maximum heart rate is the highest number of beats your heart can pump per minute when it's under high stress (physical or otherwise). You can estimate your maximum heart rate using your age and a simple equation. You simply subtract your age from 220. For example, a 40-year-old's estimated maximum heart rate using this formula would be $220 - 40$ years or 180 beats per minute (bpm), however this can also wildly vary if a person is on medications such as Beta Blockers.

WHY IS A HR CLASS BETTER THAN A NORMAL FITNESS CLASS?

In a HR controlled class, we can detect real time changes in your heart rate in order to keep you within the correct training zone. Different training zones would provide you with different stimuluses and results. For example if someone was looking to improve their Cardiovascular Endurance they would aim more towards a long and slow Zone 2 (aerobic) Session over trying to remain in Zone 5 (maximum) for a full hour.

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HOW WILL I KNOW IF I AM IMPROVING?

There will be a number of ways to see if you are improving throughout your classes and they are as follows. Your Resting Heart Rate will become gradually lower. Your Recovery time between exercises will become shorter due to enhanced recovery e.g. originally you took 2minutes for your HR to drop from 140 BPM>120BPM now, you your HR drops to 120BPM in 1minute. You are able to stay in your Zone 2 for Longer and with more intensity, e.g. previously you could perform 1km run at 7min/per KM with a heart rate of 160BPM, now you can perform a 1km run at 6:35min/per KM at 150BPM. You may also see improved Health markers such blood Pressure, BMI, weight and medication decreasing over time.

WHY DO I NEED TO KNOW MY HEART RATE?

Any form of training you perform should be performed at the correct intensity and relative to you. For example, have you ever gone to an Exercise class which has left you gasping for air then been instantly put off? Heart rate training allows you to work at the appropriate level no matter the class or the individual. For example if todays class was a going to be a "Zone 2 Cardio Circuit", we would expect each individual to work to their current level between 60-70% of their maximum Heart Rate – for some individuals this maybe 10 burpees in 1 minute, for others it may involve 25 burpees in 1minute, however both are just as effective as one another because it is relative to that person.

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IS IT SAFE?

Heart rate training is one of the safest methodologies for training. It takes away the guessing game of being in the correct zones and wondering if I am I overtraining? Am I Undertraining? Am I getting in the correct zone to improve my Sprinting or Cardiovascular endurance? Heart Rate training allows us to be completely present in the habits and stressors of an individual. For example if a person is highly stressed, not recovered or not sleeping well this will generally increase a persons RHR and potentially increase a persons RPE (rate of perceived effort). Heart rate training will allow us to see this in real time.

IS IT JUST FOR ATHLETES?

Absolutely not, heart rate training is for any individual looking to improve their Health and Fitness. Heart rate training is probably more beneficial to the everyday persons lifestyle rather than the hyper competitive athlete because as it allows us to see actual changes in our Physical health.

WHAT DO I NEED TO BRING TO THE CLASS?

You will need a chest strap and a heart rate monitor. If you do not have them, you can purchase from the Clinic. Comfortable sports wear , a water bottle and a sweat towel will also be needed to complete the classes.

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WHAT WILL I BE DOING IN THE CLASS?

Classes will involve a variety of circuit styles to suit every individual's needs. The classes will include a demo to attach the monitor to your band, a Brief, a Warm up, A Circuit and a cool down. The circuits will have a clear objective for that day and each person will work to their desired Heart Rate Zone for that session and will be given cues and prompts on how to increase or decrease their Heart Rate. Furthermore the classes will suit any individual; whether they have a high or a low training age and there will always be progressions and regressions of each individual exercise.

HOW CAN I BOOK MY SPACE?

You can book your space in the class via our online booking system www.back2frontphysio.com