



*FITNESS IN A*



Meet Zoning, Effort Management made easy and consistent



## **WHY ZONING, FITNESS IN A BLINK?**

- Above all else you get Ditch RPE and Ride to Blue, Yellow and Red
- Cardiovascular training that is easy to understand, portable and Dynamic
- Everyone talking the same language, Group exercise, Personal Trainers and Management
- An individualized program that works well in any group exercise class
- A Dynamic program ebbing and flowing with your clients fitness
- An Basic Cardiovascular education that will stand the test of time
- Liberates your instructors from the tediousness of teaching to several effort management modalities
- Liberates your membership from the bonds of worthless formulas and over zealous instructors
- They can manage their effort during any physical activity and know what they did



## Zoning uses two ventilatory thresholds What is a ventilatory threshold?

- It is a bio marker that establishes the point of physiological change in response to exercise intensity
- A bio marker is anchored to a **heart rate** (why we wear the monitor)
- There are two different thresholds: Low threshold (T1) and high threshold (T2)
- Thresholds are used to set three different exercise intensity zones:
  - Blue Zone - Easy effort;
  - Yellow Zone - Moderate effort;
  - Red Zone - Hard effort
- Thresholds are the crossover points between the blue/yellow zones and the yellow/red zones
- Two ways to measure: (1) Field Test or (2) Laboratory test
- Zoning, Fitness in a Blink uses Three different 'Field Tests'
- Threshold heart rate numbers are dynamic - they move - improved fitness = higher number



# THE ZONING ASSESSMENT

- The Assessment is the KEY to success of the Zoning Cycle program
- Zoning utilizes three 'field tests' to discover T1 and T2 (on the following pages)
- Measures T1 or 'Top of blue' and if appropriate, T2 or 'Top of yellow'
- Results mark the individuals bio-marker (heart rate number) at the crossover point T1 & T2
- Refer to Sally Edwards new eBook, Zoning: Fitness in a Blink with forward by Me. The book is written for the average American seeking to improve their fitness. It is easy and fun to read and full of relevant information.



# THE TALK TEST

Step	The "CAN YOU SPEAK COMFORTABLY" Foster Threshold Field Test	Heart Rate
Steps	Description	Heart Rate Number
1	Before starting after mounting the bike, note your heart rate number in the space at the right	bpm
2	Warm up adequately for seven to ten minutes. Record heart rate at right.	bpm
3	Increase effort over the next two to three minutes until just before you can no longer speak comfortably. This is the first effort that you would say 'this isn't easy any longer' Reciting a passage about as long as the Pledge of allegiance would require many breaths rather than one or two.	
4	Record your heart rate at right. <b>This is the riders T1</b> or Top of Blue	bpm
5	Wait until week five or six to continue with step six	
6	Do steps 1, 2 & 3. Continue to increase effort until you answer the question, "Can you speak comfortably?" with the response "NO" <b>This is the riders T2</b> Record at right. Slow down down	bpm



**Assessment #2. The 2-Hour or 20 Minute Threshold Field Test**

- This assessment couples together your subjective feeling that you can hold a certain intensity for a long period of time.
- The assessment takes approximately 15 minutes and is particularly appropriate for experienced indoor and outdoor cyclists.
- The protocol for leading the “2-Hour or 20-Minute” assessment is as follows:

Step	The two hour or twenty minute Assessment	Heart Rate
Steps	Description	Heart Rate Number
1	Before starting after mounting the bike, note your heart rate number in the space at the right	bpm
2	Warm up adequately for seven to ten minutes. Record heart rate at right.	bpm
3	Increase intensity over the next two to three minutes to an intensity where breathing is labored and speaking is uncomfortable	
4	Reduce effort to that which the rider believes is sustainable for two hours. Record at right. <b>This is the riders T1</b>	bpm
5	Wait until week five or six to continue with step six	
6	Continue by adding 10 beats every two minutes. Stop the test when the rider gets to an intensity they could only sustain for 20 minutes. <b>This is the riders T2</b>	bpm



### Assessment #3. Chuck's HAPPY PLACE Threshold Field Test

- This assessment couples together your subjective sense of “happiness” with the two different bio-markers that anchor the training zones: T1 and T2

Step	Chuck's Happy Place Assessment for T1	Heart Rate
Steps	DESCRIPTION	Heart Rate (bpm)
1	Before starting after mounting the bike, note your heart rate number in the space at the right	bpm
2	Warm up adequately for seven to ten minutes at a comfortable but low effort. Heart rate should be higher than step 1 but you are NOT unhappy. Note heart rate when cued.	bpm
3	<p>Increase effort over the next two to three minutes to an intensity where breathing is more labored and speaking is NOT as easy as in step 1.</p> <ul style="list-style-type: none"> <li>• Effort should feel harder</li> <li>• Heart rate should definitely be higher NOT A HAPPY PLACE</li> </ul>	-----
4	Reduce effort to their HAPPY PLACE... Wait 30 seconds. Recored heart rate. <b>This is the riders T1</b>	bpm
5	If the rider is new or returning to exercise, you can do an estimate of T2 by adding 20 to the T1 number and you will make them happy because they don't have to go to T2. To discover T2 use step six of the two hour or 20 minute field test.	bpm



# The Blink Heart Rate Monitor Ties it all Together!

## Programming the **Blink-I** heart rate monitor



### Buttonology For the (One Button) Pressing the Buttons

- Press and hold the 'SELECT' button until you see the high heart rate start to blink
- Set high heart rate - T2 - by tapping the 'SELECT' button
- Wait for the low heart rate to Blink
- Set low heart rate - T1 - by tapping the 'SELECT' button
- Wait - 12/24 hr show
- Select your time preference by tapping the button
- Wait until the hour blinks, then adjust by tapping the 'SELECT' button
- Wait until the minute blinks, then adjust by tapping the 'SELECT' button
- Wait until the seconds blink, if you prefer to adjust the do it by tapping the 'SELECT' button.

NOTE: The Blink will exit the time and heart rate limits if the button is not pressed for five seconds.





# Programming the **Blink-2** heart rate monitor



**Multifunctional - Blink 2**

Steps	Description on How to Set Up your 2
1.	Start in the Time of Day mode (Tap mode button if necessary)
2.	<b>Hold</b> Mode button until you see "12h" flash then release button
3.	<b>Tap</b> Start/Stop button to change to your preference
4.	<b>Tap</b> Mode button (hour will flash)
5.	<b>Hold</b> (scrolls) or <b>Tap</b> (single digit) the Start/Stop button to change hour
6.	<b>Tap</b> Mode button to store hour
7.	Continue until you have set the minutes, seconds.
8.	<b>Hold</b> Mode button store the time of day settings
9.	<b>Tap</b> the Mode button to advance to date settings (day of week)
10.	<b>Hold</b> Mode button (day of week flashes)
11.	<b>Tap</b> the Start/Stop button to change day of week
12.	<b>Tap</b> the Mode button to store and month flashes
13.	Continue until you have set the day, month, year
14.	<b>Hold</b> Mode button to go to display – Stop Watch
15.	<b>Tap</b> Mode button (stop watch mode will show)
16.	<b>Hold</b> Mode button (upper HR flashes)
17.	<b>Hold</b> or <b>Tap</b> Start/Stop button to change the top of the zone number
18.	<b>Tap</b> Mode button (bottom of the zone flashes)
19.	<b>Hold</b> or <b>Tap</b> Start/Stop button to change the bottom of the zone number
20.	<b>Hold</b> the Mode button to go to the next display.
21.	<b>Tap</b> the Mode button to view Time in Zone display – upper right corner
22.	<b>Tap</b> the Mode button to view Time above Zone display
23.	<b>Tap</b> the Mode button to view Time below Zone display
24.	<b>Tap</b> the Mode button to view peak heart rate display (Max)
25.	<b>Tap</b> Mode button to view Average heart rate display
26.	<b>Tap</b> the mode button to view K cal display.
27.	<b>Hold</b> mode button and gender flashes
28.	<b>Tap</b> Start/Stop mode to change gender
29.	<b>Tap</b> Mode button (Kg will flash in lower right corner)
30.	<b>Tap</b> Start/Stop button to choose lb or kg (pounds or kilograms)
31.	<b>Tap</b> Mode button (weight flashes)
32.	<b>Hold</b> or <b>Tap</b> Start/Stop button to set weight
33.	<b>Hold</b> Mode button to finish initial set up.

# Thank you for choosing Zoning, Fitness in a Blink

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