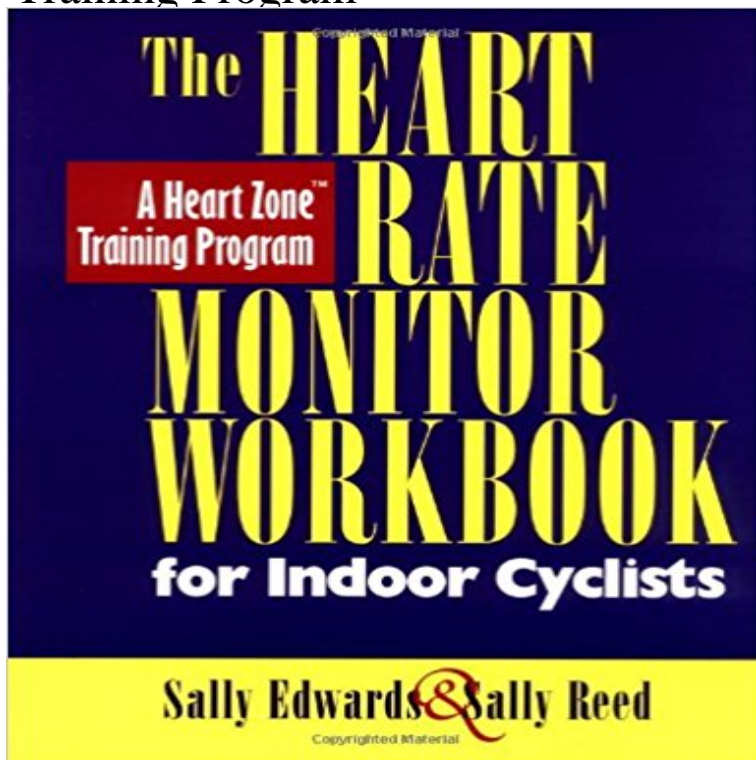


# The Heart Rate Monitor Workbook for Indoor Cyclists: A Heart Zone Training Program



Written by two premier fitness experts and set up in a friendly workbook format, this book provides training rides in three fitness categories. Each workout includes a description of the ride and its purpose, a heart rate chart showing the five heart zones athletes should shoot for, the total number of heart zone training points, and a profile of the workout.

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