GARMIN.

Approach® X40

Owner's Manual

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Introduction

> ⚠ **WARNING**
>
> See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.
>
> Always consult your physician before you begin or modify any exercise program.

Device Overview

①	Touchscreen	Swipe to scroll through features, data screens, and menus. Tap to select.
②	Device key	Hold to lock the screen and turn the device on and off. Press to open and close menus. Press to return to previous screens within menus.

Menu Icons

🏌	Starts a round of golf
🤸	Starts a fitness activity
🌙	Sets Do Not Disturb mode
⏰	Shows alarm settings
⸓	Sets Bluetooth® settings
📞	Starts the Find My Phone feature
⏱	Starts TruSwing™ swing analysis
⚙	Opens the device settings menu
❶	Opens the device information menu

Charging the Device

> ⚠ **WARNING**
>
> This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

> *NOTICE*
>
> To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1. Plug the USB cable into a USB port on your computer.
2. Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.

3. Charge the device completely.

Pairing and Setup

Garmin Connect™

Garmin Connect is your online statistics tracker where you can analyze and share all your rounds. You can connect with your friends on the Garmin Connect site or mobile app. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. To sign up for a free account, go to www.garminconnect.com/golf.

Store your rounds: After you complete and save a round with your device, you can upload that round to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your round, including scorecards, statistics, course information, and customizable reports.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Pairing Your Smartphone

To get the most out of your Approach X40 device, you should pair it with your smartphone and complete the setup using the Garmin Connect Mobile app.

NOTE: Unlike other Bluetooth devices that are paired from the Bluetooth settings on your mobile device, your Approach X40 device must be paired directly through the Garmin Connect Mobile app.

1. On your compatible smartphone, download and install the latest version of the Garmin Connect Mobile app.
2. Open the Garmin Connect Mobile app.
3. Select an option to add your device to your Garmin Connect Mobile account:
   - If this is the first device you are pairing with the Garmin Connect Mobile app, follow the on-screen instructions.
   - If you have already paired another device using the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices** > ✚.
4. On your Approach X40 device, press the device key to view the menu.
5. On your Approach X40 device, select ⸓ > **Pair Phone**.
6. On your compatible smartphone, select **Search For Device**.

Synchronizing Your Data with the Garmin Connect Mobile App

Your device periodically synchronizes data with the Garmin Connect Mobile app automatically. You can also manually synchronize your data at any time.

1. Bring the device within 3 m (10 ft.) of your smartphone.
2. Press the device key to view the menu.
3. Select ⸓ > **Sync**.
4. View your current data in the Garmin Connect Mobile app.

Setting Up the Device On Your Computer

If you have not paired your Approach X40 device with your smartphone, you can use your computer to complete the setup process with your Garmin Connect account.

NOTE: Some device features require a paired smartphone.

1 Connect the charging clip securely to the device (*Charging the Device*, page 1).
2 Plug the USB cable into a USB port on your computer.
3 Go to www.garminconnect.com/golf.
4 Download and install the Garmin Express™ application:
   • If you are using a Windows® operating system, select **Download for Windows**.
   • If you are using a Mac® operating system, select **Download for Mac**.
5 Follow the on-screen instructions.

Synchronizing Your Data with Your Computer

You should synchronize your data regularly to track your progress in the Garmin Connect application.

1 Connect the device to your computer using the USB cable.
   The Garmin Express application synchronizes your data.
2 View your current data in the Garmin Connect application.

Automatic Shot Detection

Your Approach X40 device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your location so you can view it later on Garmin Connect.

TIP: Automatic shot detection works best when you make good contact with the ball. Putts are not detected.

Playing Golf

Before you can play golf, you must wait until the device acquires satellite signals, which may take 30 to 60 seconds.

1 Press the device key to view the menu.
2 Select 🏌.
   The device locates satellites and calculates your location.
3 Select a course from the list.
4 Follow the on-screen instructions to complete the setup and start a round.

Golf Icons

🏁	Green view
⚠	Hazard view
▤	Measure a shot
⦿	Layup or dogleg distances
✎	Change score
⌁	Change the green
⟲%	TruSwing swing analysis
00⌚	Odometer
❚❚	Pause round
✕	Stop round

Hole View

The device shows the current hole you are playing, and automatically transitions when you move to a new hole.

NOTE: By default, the device calculates the distance to the front, middle, and back of the green. If you know the location of the pin, you can set it more precisely (*Moving the Pin*, page 2).

①	Current hole number
②	Par for the hole
③	Distance to the back of the green
④	Distance to the pin location
⑤	Distance to the front of the green

Changing Holes

You can change holes manually from the hole view screen.

1 While viewing hole information, tap the screen.
2 Select a hole, and select **Done**.

Changing the Green

If you are playing a hole with more than one green, you can change the green.

1 While playing golf, press the device key to view the menu.
2 Select ⌁.

Moving the Pin

You can take a closer look at the green and move the pin location.

1 While playing golf, press the device key to view the menu.
2 Select 🏁.
3 Select ⋀ or ⋁ to move the pin position.

Measuring a Shot

1 While playing golf, press the device key to view the menu.
2 Select ▤.
3 Walk to your ball.
   The distance automatically resets when you take another shot.
   TIP: You can select Previous Shots to view previous shots.

Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Your Approach device displays hazards that affect shot selection individually or in groups to help you determine layup or carry distances.

1 While playing golf, press the device key to view the menu.
2 Select ⚠.
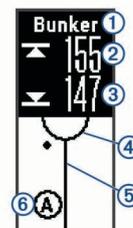
①	Hazard name
②	Distance to the back of the hazard
③	Distance to the front of the hazard
④	Green location
⑤	Center of the fairway
⑥	Approximate location of the hazard in relation to the fairway

3 Swipe up or down to view other hazards for the current hole.

Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1 While playing golf, press the device key to view the menu.
2 Select 🚩.

Layup and dogleg distances ① and the distance to reach each layup or dogleg ② appear on the screen.

Keeping Score

When scoring is enabled, you are prompted to enter your score when you are on the green. You can adjust the score manually at any time during a game.

1 While playing golf, press the device key to view the menu.
2 Select ✎.
3 Select a hole.
4 Swipe up or down to set the score.

Ending a Round

1 Press the device key to view the menu.
2 Select ✕.

TruSwing

The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to www.garmin.com/golf to purchase a TruSwing device.

Viewing TruSwing Metrics on Your Device

Before you can use the TruSwing feature on your Approach device, you must confirm your TruSwing device is securely mounted to your club. See the owner's manual for your TruSwing device for more information.

1 Turn on your TruSwing device.
2 On your Approach device, press the device key to view the menu, and select 🏌.
3 Select a club.
4 Hit a shot.

Swing measurements appear on your Approach device after each swing.

5 Swipe up or down to move through the recorded swing metrics.

Changing Clubs

1 From the 🏌 menu on your Approach device, press the device key to view the menu.

2 Select **Change Club**.
3 Select a club.

Changing Handedness

The TruSwing device uses your handedness to calculate the correct swing analysis data. You can use your Approach device to change your handedness at any time.

1 From the 🏌 menu on your Approach device, press the device key to view the menu.
2 Select **Golf Swing**.
3 Select your handedness.

Disconnecting Your TruSwing Device

1 From the 🏌 menu on your Approach device, press the device key to view the menu.
2 Select **End TruSwing**.

Activity Tracking and Smart Features

You can swipe up or down to view activity tracking and smart features. Some features require a paired smartphone.

Time and date: Displays the current time and date. The time and date are set automatically when the device acquires satellite signals and when you sync your device with a smartphone.

Activity tracking: Tracks your daily step count, distance traveled, calories, and intensity minutes. The move bar displays the amount of time you are inactive.

Goals: Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps and weekly intensity minutes using your Garmin Connect account.

Sunrise and Sunset: Displays the time for sunrise and sunset.

Heart rate: Displays your current heart rate in beats per minute (bpm) and seven-day average resting heart rate. You can tap the screen to view a graph of your heart rate.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

Music controls: Provides controls for the music player on your smartphone.

Weather: Displays the current temperature. You can tap the screen to view a four-day weather forecast.

Icons

Icons represent different device features. You can swipe to scroll through the different features. Some features require a paired smartphone.

NOTE: You can use your Garmin Connect account to customize the screens that appear on your device (*Device Settings on Garmin Connect*, page 5).

👣	The total number of steps taken for the day, your step goal for the day, and your progress toward your goal.
♥	Your current heart rate and seven-day average resting heart rate in beats per minute (bpm). A flashing icon means the device is searching for a signal.
🔥	The amount of total calories burned for the current day, including both active and resting calories.
🏃	The distance traveled in kilometers or miles for the current day.
⏱	Your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.
⏮▶❚▶	Music player controls for a paired smartphone.

💬	Notifications received from a paired smartphone.
⛅	The current temperature and weather forecast from a paired smartphone.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.

You can reset the move bar by walking a short distance.

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds up the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when being added.

Earning Intensity Minutes

Your Approach X40 device calculates intensity minutes by comparing your heart rate data during an activity to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Viewing the Heart Rate Graph

The heart rate graph displays your heart rate for the last 4 hours, your lowest heart rate in beats per minute (bpm), and your highest heart rate during that 4 hour period.

1 Swipe to view the heart rate screen.
2 Tap the screen to view the heart rate graph.

Sleep Tracking

While you are sleeping, the device monitors your movement. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can set your normal sleep hours in the user settings on your Garmin Connect account. You can view your sleep statistics on your Garmin Connect account.

Recording a Fitness Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

1 Press the device key to view the menu.
2 Select ⚡.
3 Select an option:
   - To enable or disable GPS with your fitness activity, select ••• > **GPS**.
   - To change fitness activities, select ••• > **Activity**, and select an activity.
   - To enable or disable Auto Lap® features, select ••• > **Auto Lap**.
4 Press the device key to start the timer.
5 Start your activity.
6 Swipe up or down to view additional data screens.
7 After you complete your activity, press the device key to stop the timer.
8 Select 💾.

Wearing the Device and Heart Rate

- Wear the Approach X40 device above your wrist bone.
  NOTE: The device should be snug but comfortable, and it should not move while running or exercising.
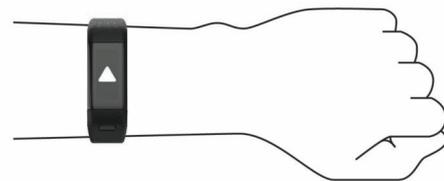
- Do not damage the heart rate sensor on the back of the device.
- See *Troubleshooting*, page 6 for more information about wrist-based heart rate.

Bluetooth Connected Features

The Approach X40 device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

Find my phone: Helps locate a lost smartphone that is within range and paired using Bluetooth wireless technology.

Connect alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Music controls: Provides music player controls for your paired smartphone.

Activity uploads to your Garmin Connect account: Allows you to synchronize activity data with your paired smartphone. You can view your data in the Garmin Connect Mobile app.

Viewing Notifications

- When a notification appears on your device, select an option:
  - Tap the screen to view the message, and swipe the screen to view the entire notification.
  - Select ✕ to dismiss the notification.
- When an incoming call appears on your device, select an option:
  NOTE: Available options vary based on your smartphone.
  - Select 📞 to accept the call on your smartphone.
  - Select 📞 to decline or silence the call.
- To view all notifications, swipe to view the notifications screen, tap the touchscreen, and select an option:
  - Swipe to scroll through the notifications.
  - Select a notification, and select **Read** to view the entire notification.
  - Select a notification, and select **Dismiss** to dismiss the notification.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Approach X40 device.

Select an option:

- If you are using an Apple® device, use the notification center settings on your smartphone to select the items to show on the device.
- If you are using an Android™ device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

Locating a Lost Smartphone

You can use this feature to help locate a lost smartphone that is paired using Bluetooth wireless technology and currently within range.

1 Press the device key to view the menu.
2 Select 📞.

The Approach X40 device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the Approach X40 device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

Bluetooth Settings

Press the device key to view the menu, and select ✷.

Bluetooth: Enables Bluetooth wireless technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

Pair Phone: Connects your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin Connect Mobile app, including notifications and activity uploads to Garmin Connect.

Notifications: Allows you to enable and configure phone notifications from your compatible smartphone. You can use the Show Calls Only option to display notifications for only incoming phone calls.

Connect Alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Sync: Synchronizes your device with the Garmin Connect Mobile app.

Turning Off Bluetooth Wireless Technology

1 Press the device key to view the menu.
2 Select ✷ > **Bluetooth** > **Off** to turn off Bluetooth wireless technology on your Approach X40 device.

TIP: Refer to the owner's manual for your smartphone to turn off Bluetooth wireless technology.

Customizing Your Device

Garmin Connect Settings

You can customize your device settings, run options, and user settings on your Garmin Connect account. Some settings can also be customized on your Approach X40 device.

- From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select **Device Settings**.

After customizing settings, synchronize your data to apply the changes to your device (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 1) (*Synchronizing Your Data with Your Computer*, page 2).

Device Settings on Garmin Connect

From your Garmin Connect account, select **Device Settings**.

Alarm: Sets an alarm clock time and frequency for your device.

Activity Tracking: Turns activity tracking features on and off, such as step tracking, sleeping, and calorie tracking.

Move Alert: Sets your device to alert you when you are inactive.

Visible Screens: Allows you to customize the screens that appear on your device.

Auto-On Backlight: Allows your device to automatically turn on the backlight when you rotate your wrist toward your body. You can customize your device to use this feature always or during an activity, or you can turn it off.

NOTE: This setting decreases battery life.

Which wrist?: Allows you to customize which wrist the band is worn on. You should customize this setting for screen orientation.

Time Format: Sets the device to display time in a 12-hour or 24-hour format.

Language: Sets the device language.

Units: Sets the device to display the distance traveled in kilometers or miles.

Heart Rate Monitor: Enables or disables heart rate monitoring.

Run Options on Your Garmin Connect Account

From your Garmin Connect account, select **Run Options**.

Auto Lap: Allows your device to mark laps automatically at every kilometer (mile).

Data Fields: Allows you to customize the data screens that appear during a timed activity.

User Settings on Your Garmin Connect Account

From your Garmin Connect account, select **User Settings**.

Custom Step Length: Allows your device to more accurately calculate the distance traveled using your custom step length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal setting to allow your device to determine your step goal automatically.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones.

Device Settings

From the main menu, select ✿.

Golf: Sets options for statistics tracking, club tracking, and scoring (*Golf Settings*, page 6).

Activity Tracking: Sets options for activity tracking, heart rate monitoring, and the move alert (*Activity Tracking Settings*, page 6).

System: Sets options for screen locking, time, language, and units of measure (*System Settings*, page 6).

Restore Defaults: Returns the device settings to factory default values.

Golf Settings

From the main menu, select ✿ > **Golf**.

Stat. Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Club Tracking: Enables you to track the clubs used and set the driver distance.

Scoring: Enables scoring.

Activity Tracking Settings

From the main menu, select ✿ > **Activity Tracking**.

Activity Track.: Enables or disables activity tracking features.

Heart Rate: Enables or disables heart rate monitoring features.

Move Alert: Enables or disables the move alert.

System Settings

From the main menu, select ✿ > **System**.

Auto Lock Screen: Sets the screen to lock automatically.

Backlight: Sets the backlight brightness.

Time: Sets the time.

Language: Sets the device language.

> **NOTE:** Changing the text language does not change the language of user-entered data or map data.

Units: Sets the unit of measure for distance.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days Up to 10 hr. in GPS mode
Operating temperature range	From -10º to 60ºC (from 14º to 140ºF)
Charging temperature range	From 0º to 40ºC (from 32º to 104ºF)
Radio frequency/ protocol	2.4 GHz ANT+® wireless communications protocol Bluetooth Smart wireless technology
Water rating	Swim, 5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Viewing Device Information

You can view the unit ID, software version, regulatory information, and remaining battery power.

1 Press the device key to view the menu.
2 Select ❶.

Device Care

NOTICE
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the keys under water.
Do not use a sharp object to clean the device.
Never use a hard or sharp object to operate the touchscreen, or damage may result.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.
Do not remove the bands.

Cleaning the Device

NOTICE
Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Troubleshooting

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen under the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
  > **NOTE:** You can try wearing the device higher on your forearm. You can try wearing the device on your other arm.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.
  > **NOTE:** In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Maximizing Battery Life

- Turn off the **Auto-On Backlight** setting (*Device Settings on Garmin Connect*, page 5).
- Decrease the backlight brightness (*Device Settings on Garmin Connect*, page 5).
- In your smartphone notification center settings, limit the notifications that appear on your Approach X40 device (*Managing Notifications*, page 5).

- Turn off smart notifications (*Bluetooth Settings*, page 5).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off Bluetooth Wireless Technology*, page 5).
- Turn off wrist-based heart rate monitoring (*Device Settings on Garmin Connect*, page 5).

    NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

1 Hold the device key for 10 seconds.

    The device turns off.

2 Hold the device key for one second to turn on the device.

Restoring All Default Settings

You can restore all of the device settings back to the factory default values.

NOTE: This deletes all user-entered information and activity history.

1 Press the device key to view the menu.

2 Select ✿ > **Restore Defaults** > ✔.

Software and Course Updates

This device is eligible for free course map updates. To update your device, download the free Garmin Express software from www.garmin.com/express.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download and install the Garmin Express application.

1 Connect the device to your computer using the USB cable.

    When new software is available, Garmin Express sends it to your device.

2 Disconnect the device from your computer.

    Your device alerts you to update the software.

3 Select an option.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals.

1 Go outdoors to an open area.

    The front of the device should be oriented toward the sky.

2 Wait while the device locates satellites.

    It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
    - Connect your device to a computer using the USB cable and the Garmin Express application.

    While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin® devices.

- Product registration
- Product manuals
- Software updates
- Data uploads to Garmin Connect
- Map, chart, or course updates

Getting More Information

- Go to www.garmin.com/golf.
- Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 7) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

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