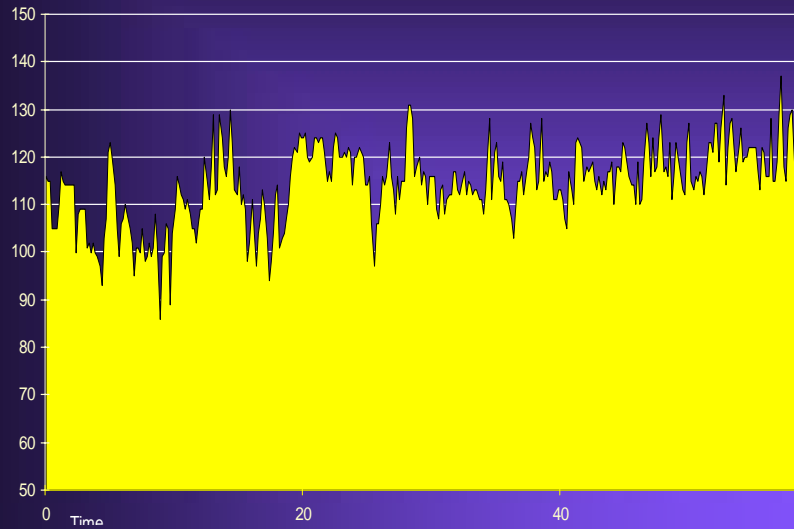


Recovery Ride



Heart Rate Monitoring

ABC Slide Show

50

ABC ACE, Heart Rate, and Intensity Slide Shows.

One of the best uses of a heart-rate monitor: assuring easy workouts are easy.

Note heart rate always below about 130 bpm in this rider whose maximum heart rate is 200.

“Ride easier on your easy days so that you can ride harder on your hard days.”