What is Heart Rate Reserve (HRR) ?

Heart rate reserve is the difference between your maximum heart rate and your resting heart rate. As such, this heart rate reserve calculator subtracts your measured resting heart rate from your age based maximum heart rate estimate to determine your heart rate reserve.

Since resting heart rate decreases with increased cardiorespiratory fitness, the difference between maximum heart rate and resting heart rate will increase with increased fitness. Therefore, the more fit you are the greater your heart rate reserve will be.

Why to adapt HRR for training?

Heart rate reserve is typically utilized to establish heart rate based training zones according to the heart rate reserve method (also called the Karvonen method), and one of the benefits of using the heart rate reserve method to establish heart rate training zones is that it accounts for fitness level (as opposed to age based maximum heart rate training zones, which do not account for fitness level).

Unique Features:

- Free selection of **Climbing mode** or **Running mode** for safe training.
- One-touch **COOL DOWN** button to instantly lower down speed and incline without scrolling through whenever necessary.
- Patented **Step count** for user to calculate walking steps.
- **Heart Rate Reserve (HRR)** training program

INTENSITY	HRR %	TRAINING ZONE
E	59 ~ 74%	Easy Pace running
M	74 ~ 84%	Marathon Pace Running
T	84 ~ 88%	Threshold training
A	88 ~ 95%	Interval training
I	95 ~ 100%	Repetition training

Streamline outlook with Easy-Disassembly Design simplifies and speeds up the maintenance and replacement.

Patent pending 2 in 1 "SWITCHPRO" controlling knob for effort-saving moving or leveling.

Specification

Model	AeroHike 337	AeroHike 335
With Desk	Yes	No
Display	150 x 82 mm Backlit LCD w/ 2 Dot Matrix	
Function	Speed, Distance, Incline, Calories, Time, Pulse, Level, Program, Step, BMI, BMR, Fat, Body Type	
Receiver	Yes	
Program	E / M / T / A / I / 12 Preset / 3 Target / Fat for Running Mode E / M / T / A / I / 5 Preset / 3 Target / Fat for Climbing Mode	
Tablet Holder	Yes	
Motor	2.7 HP Duty	
Control Box	PWM with brake resistance system	
Running Size	510 x 1320 mm (20 x 52")	
Speed	0.8 ~ 12 KPH (0.5 ~ 7.5 MPH) for Running Mode 0.8 ~ 6 KPH (0.5 ~ 3.75 MPH) for Climbing Mode	
Gradient	0 ~ 15 Level for Running Mode 15 ~ 40 Level for Climbing Mode	
Special Feature	• Patented Step Count • Patent pending "SwitchPro" Moving and Levelling effort-saving adjusting construction. • Cool down button for safety operation • HRR (Heart Rate Reserve) Intensity program • Separate Climbing & Running Mode	
Shock Absorber	Yes	
Transport Wheel	4	
Handlebar Control	Speed & Incline	
Dimension	L 1537 x W 800 x H 1732 (mm)	
Maximum User Weight	136 kg (300 lb)	
M'st / N.W. / G.W.	23.5' / 100.5 / 110.5 kg	22.8' / 96 / 105.5 kg
20' / 40'	42 / 88 pcs	42 / 90 pcs

* N.B. all the specification of the product in this catalogue is based on the goods itself.
* We reserve rights to make change at any time without notice, in colors, parts and materials.

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AeroHike™

Incline Treadmill for Walking, Hiking & Running

Pursuing Your Excellence, Where workouts go beyond your expectations

AeroHike

JK FITNESS

JKEXER®

AeroHike 335

Incline Treadmill

Powerful, efficient, meticulously crafted and strikingly modern in design, Aerohike presents a 'Total Package' of innovation, comfort, optimal performance, and ease-of-use.

Experience the perfect combination of passion, precision and engineering that surpass the excellence you've come to expect.

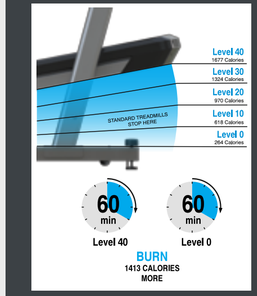
AeroHike 337

Incline Treadmill with Desk

DESIGN CONCEPT

- 3 in 1 design combines the benefits of Walking, Hiking and Running.
- Designed for family members with different preference
- Walking uphill or on an incline on the treadmill will increase more workout intensity than just walking on the level ground. Incline walking helps stabilizing muscles of your glutes, hips, core and back which will help keeping you away from injury over the long term.
- Calorie consumption is related to user weight, speed, incline, and workout time. Running or Walking on an Incline burns much more calories than on flat ground. Comparison is listed as below column.

User Weight (KG)	Speed (KPH)	Incline (Level)	Workout Time (Hour)	Calories Consumption (KCAL)
68	6.0	0	1	264
		10		618
		20		970
		30		1,324
		40		1,677



Besides more calories consumption, Incline Training offers additional benefits as below:

Leg Muscle building

Incline training works the leg muscles differently and more efficiently than training on a level surface.

Better Cardiovascular Fitness

Incline training provides a great cardiovascular workout without having to increase speed.

Low impact training

The lower impact workouts on a treadmill decrease the likelihood of injury or strain to knees, hips, back, and ankles.

Improved body shape

Incline workouts on a treadmill really stretch the calves and help you build long, lean calf muscles.

Endurance

The incline feature allows for variation and helps prevent boredom during exercise