How do I know I am pushing myself enough when I’m working out?

**Fact**

- **You need a quick break**
  
  If you are weight lifting and breezing through your workout, you’re probably not giving it enough. You shouldn’t be able to do one set of squats or bicep curls without having to pause in between. The last few seconds should feel really difficult.

- **Puffed out halfway**
  
  Running in the gym for 30+ minutes, should be hard enough to feel slightly out of breath within the first five minutes and be struggling to hold a conversation by the middle ten minutes.

- **Heart rate**
  
  To truly gauge effort look at your heart rate. Your maximum heart rate should be your age subtracted from the number 220. Fat burning starts at 70% of your maximum heart rate. For example, a 26-year-old should be aiming for 135bpm.

  \[
  \text{Max. heart rate} = 220 - \text{age} \\
  \text{Goal heart rate} = \text{Max. heart rate} \times 0.7
  \]

**Fiction**

- **Sore muscles**
  
  Muscle soreness does not necessarily mean you’re getting a good workout. Soreness is triggered by small-scale damage to your muscles from hard or new exercise. As you continue to workout, you will stop getting sore.

- **Sweating**
  
  Sweat does not equal the amount of effort you’re putting in. Sweat is the body’s cooling system. Some people's genetics cause them to sweat more easily.

- **Longer workouts**
  
  Quality over quantity. You do not need to workout for 3 hours to get a good workout in. If you are challenging yourself and keeping your heart rate up, 20 - 75 minutes can be effective.