

TARGET HEART RATE RANGE

To get the maximum benefit out of your exercise routine and maintain a certain level of safety, it is important to know your target heart rate range (THRR). Utilizing your THRR during an exercise routine allows you to pace yourself, while at the same time, achieve a new level of fitness. Keep in mind, it is never advisable to exercise over your Maximum Heart Rate (MHR).

AGE	MHR	THRR	AGE	MHR	THRR	AGE	MHR	THRR
25	195	117-156	42	178	107-142	59	161	97-129
26	194	116-155	43	177	106-142	60	160	96-128
27	193	116-154	44	176	106-141	61	159	95-127
28	192	115-154	45	175	105-140	62	158	95-126
29	191	115-153	46	174	104-139	63	157	94-125
30	190	114-152	47	173	104-138	64	156	93-124
31	189	113-151	48	172	103-138	65	155	92-123
32	188	113-150	49	171	103-137	66	154	92-122
33	187	112-150	50	170	102-136	67	153	91-121
34	186	112-149	51	169	101-135	68	152	90-120
35	185	111-148	52	168	101-134	69	151	89-119
36	184	110-147	53	167	100-134	70	150	89-118
37	183	110-146	54	166	100-133			
38	182	109-146	55	165	99-132			
39	181	109-145	56	164	98-131			
40	180	108-144	57	163	98-130			
41	179	107-143	58	162	97-130			

TO FIND YOUR EXERCISE HEART RATE:

Find your pulse either at your brachial or carotid artery. Count the number of times it beats for 6 seconds. Multiply that number by 10.