## FINDING YOUR TARGET HEART RATE
## (KARVONEN FORMULA)

**RESTING HEART RATE:**

- "Average" is 70 beats per minute
- A low resting heart rate is an indication of fitness
- Other factors can affect your resting heart rate
- Count your pulse for 60 seconds when you wake up, before getting out of bed.
- My *resting heart rate* is _____ beats per minute

**MAXIMUM HEART RATE:**

- Maximum heart rate declines with age
- Maximum heart rate can be estimated by subtracting your age from 220
- My estimated *maximum heart rate* is _____ beats per minute

**HEART RATE RESERVE:**

- To find heart rate reserve, subtract the resting heart rate from the estimated maximum heart rate
- My *heart rate reserve* is _____

**TARGET HEART RATE:**

- The American College of Sports Medicine recommends exercising at 60-80% of your heart rate reserve
- Figure your target heart rate at 60% and 80% (Use the space below.)

**SAMPLE:**

A 30-year old with a resting heart rate of 70 beats per minute wishes to exercise at an intensity of 60%. To calculate:

| | 60% | | 80% |
|---|---|---|---|
| | 220 | (Everyone starts with the number *220*) | 220 |
| | -30 | (Subtract the *age*) | -30 |
| | 190 | (This is the estimated *maximum heart rate*) | 190 |
| | -70 | (Subtract the resting heart rate) | -70 |
| | 120 | (This is the *heart rate reserve*) | 120 |
| * | x.6 | *(Multiply by 60% intensity) or **(Multiply by 80% intensity) | x.8 |
| | 72 | (This is the 60% of heart rate reserve) | 96.0 |
| | +70 | (Add the *resting heart rate*) | +70 |
| | 142 | **This is the target heart rate for one minute** | 166 |

**Now divide by 6 to yield a count for 10 seconds. (A 10 second count is taken during the class)**
**60% is 142 divided by 6 = 23.6**
**80% is 166 divided by 6 =27.4**

*** Find your target heart rate at 60%:**
**** Find your target heart rate at 80%:**