

Cardiovascular Unit

Maximum Heart Rate

220 - Your Age

*The highest beats per minute your heart should beat during exercise.

Target Heart Rate

*Your heart rate should be between 60% to 90% of your maximum heart rate. (You want your heart rate between this level during exercise)

Resting Heart Rate

*Your heart rate during the resting stage. (The best time to get this heart rate is before you get out of bed in the morning)

Example:

220 - 18 = 202 This is the maximum heart rate for an 18 year old

202 x .60 = 121.2 or 121

202 x .90 = 181.8 or 182 These two numbers represent your target heart rate range

To count beats per minute:

*Count for 6 seconds, then multiply that number by 10

Heart Rate Locations:

* The two different locations used to access a person's heart rate are the carotid & radial arteries.

Find Your Heart Rate:

Maximum Heart Rate

Target Heart Rate

220 - _____ = _____ _____ x .60 = _____ _____ x .90 = _____

Max Heart Rate = _____ Target Heart Rate = _____ & _____