

Target Heart Rate Worksheet

Maximum Heart Rate (MHR)

$$220 - \text{age} = \text{MHR}$$

Ex. $220 - 20 = 200$

It is recommended that people exercise between 65-90% of their maximum heart rate.

$$60\% \quad \text{MHR} \times .60 = \text{THR}$$

Ex. **20** year old $200 \times .60 = 120$

$$80\% \quad \text{MHR} \times .80 = \text{THR}$$

Ex. **20** year old $200 \times .80 = 160$

$$\text{MHR} = 220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

$$\text{THR @ } 65\% = \underline{\hspace{2cm}} \times .65 = \underline{\hspace{2cm}}$$

$$\text{THR @ } 75\% = \underline{\hspace{2cm}} \times .75 = \underline{\hspace{2cm}}$$

$$\text{THR @ } 90\% = \underline{\hspace{2cm}} \times .90 = \underline{\hspace{2cm}}$$