

Determining your Target Heart Rate Zone

1. Take 220 and subtract your age.

Example: $220 - 15 = 205$ (This is your Maximum Heart Rate)

2. Then take your maximum heart rate and multiply by .50 to get the bottom number.

Example: $205 \times .50 = 102.5$ or **103**

3. Then take your maximum heart rate and multiply by .85 to get the top number.

Example: $205 \times .85 = 174.25$ or **173**

So the Target Heart Rate for a 15 year old is between 103 and 173.

In order to get full credit for the workouts, you must maintain a heart rate within the appropriate Target Heart Rate Zone for at least 10 minutes of the workout. The minimum total of workout time is 20 minutes, but you may need to exercise longer in order to maintain that heart rate in the proper range.

PLEASE NOTE: Your Polar HRM will calculate the total time your heart rate is in the target HR zone if you set up your HRM correctly prior to use.

*The chart below is from the American Heart Association

Know Your Numbers

The table below shows estimated target heart rates for different ages. In the age category closest to yours, read across to find your target heart rate. Your maximum heart rate is about 220 minus your age. The figures are averages, so use them as general guidelines.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute