

How to Calculate Your Heart Rate Zones

Age Predicted Maximum Heart Rate

General Equation	$206.9 - (0.67 \times \text{age})$
Insert Your Age	$206.9 - (0.67 \times \underline{\quad})$
Perform Calculation In Parentheses	$206.9 - \underline{\hspace{2cm}}$
Finish With Subtraction	$\underline{\hspace{2cm}}$ bpm
	Max Heart Rate

Intensity Ranges

Low Intensity

30% Max HR Max HR x 0.3 = $\underline{\hspace{2cm}}$ bpm

50% Max HR Max HR x 0.5 = $\underline{\hspace{2cm}}$ bpm

Moderate Intensity

50% Max HR Max HR x 0.5 = $\underline{\hspace{2cm}}$ bpm

70% Max HR Max HR x 0.7 = $\underline{\hspace{2cm}}$ bpm

High Intensity (as intervals)

80% Max HR Max HR x 0.8 = $\underline{\hspace{2cm}}$ bpm

90% Max HR Max HR x 0.9 = $\underline{\hspace{2cm}}$ bpm