

Target Heart Rate Zone

“How do I determine my target heart rate zone?”

First you need to find what your maximum heart rate **MHR** is your **Maximum Heart Rate** during exercise or work.

Take 220 – (your age) = = MHR (maximum heart rate)

Now that you know your MHR, you can find your *target heart rate zone.*

The Lower Limit Threshold

Find 70% of your MHR

My MHR x .70 =

The Upper Limit Threshold

Find 85% of your MHR

My MHR x .85 =

Your target heart rate (THR) zone that you should exercise in will range between 70% and 85% of your maximum heart rate [MHR].

The *target heart rate zone* that you should exercise in to maintain and improve your cardiovascular fitness is:

to beats per minute.
70% 85%