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LIA Lifestyle Instruction Aid

a8. Ten Second Target Heart Rate Chart

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10 sec. TARGET HEART RATE

For Aerobic Exercises Routines

Instructions:

Take your pulse during your exercise session by placing your index and middle finger over either your carotid artery on the side of your neck or your wrist.

Apply pressure lightly with your finger. Count for 10 seconds and use this chart to determine if you are exercising within your Target Heart Rate Zone. Increase or decrease the intensity as needed to reach your target heart rate. For this chart your maximum heart rate was determined by subtracting your age from 220.

A 30 year old person would have $220-30 = 190 \times 60\% = 114 \div 6 = 19$.

Start your program at the 60% level and work up by increasing 5 or 10% a week.

Age	60% of maximum	70% of maximum	75% of maximum	80% of maximum	85% of maximum
under					
20	21	25	26	28	30
20	20	23	25	27	28
25	20	23	24	26	28
30	19	22	24	25	27
35	19	22	23	25	26
40	18	21	23	24	26
45	18	21	22	23	25
50	17	20	21	23	24
55	17	19	21	22	23
60	16	19	20	21	23
65	16	18	19	21	22
70	15	18	19	20	21
75	15	17	18	19	21