

NAME \_\_\_\_\_

## HEART RATE CALCULATIONS

1. RESTING HEART RATE – number of beats per minute while motionless  
- sit/lay for 5 minutes

RHR = \_\_\_\_\_

2. MAXIMUM HEART RATE – maximum recommended beats per minute  
- older you get, the lower MHR gets  
- (220 – age) other sources may have different formula

MHR = \_\_\_\_\_

3. HEART RATE RESERVE – amount of heart beats available for exercise

HRR = STEP 2 (MHR) – STEP 1 (RHR) = \_\_\_\_\_

4. HRR X 50% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 60% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 70% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 75% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 80% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 85% = \_\_\_\_\_ + RHR = \_\_\_\_\_

HRR X 90% = \_\_\_\_\_ + RHR = \_\_\_\_\_

5. AEROBIC TRAINING FOR FAT BURNING

50 to 75% = \_\_\_\_\_ to \_\_\_\_\_ beats/minute.

6. AEROBIC TRAINING FOR IMPROVED AEROBIC ENDURANCE

75 to 85% = \_\_\_\_\_ to \_\_\_\_\_ beats /minute.

7. ANAEROBIC THRESHOLD FOR UPPER LIMIT AEROBIC WORK (non-fat burning)

Exercise right before exhaustive anaerobic work. Carbohydrate burning exercise.

85 to 90% = \_\_\_\_\_ to \_\_\_\_\_ beats/minute.

8. ANAEROBIC TRAINING – go as fast as you can for as long as you can.

NO PAIN - NO GAIN EXERCISE.

90 to 100% = \_\_\_\_\_ to \_\_\_\_\_ beats/minute.