

# Fitness Heart Rate Chart

## Heart Rate

### OPTION 1

(The Graph)

#### Quick Method for Finding Your Training Zone

Use the graph to determine your heart rate zones for your age and fitness level.

- **Step 1:** Find the age (years) on the x-axis and draw the vertical line down.
- **Step 2:** Identify the percentage zone you wish to train in.
- **Step 3:** Determine your heart rate zone by following the horizontal line across to the vertical line and reading the heart rate zone.
- **Step 4:** Check the heart rate zone for the corresponding percentage zone.

#### Health Zone

For most individuals, a heart rate between 100 and 130 bpm.

#### Performance Zone

For most individuals, a heart rate between 130 and 150 bpm, depending on your fitness level.

#### High Performance Zone

For most individuals, a heart rate between 150 and 180 bpm, depending on your fitness level.

**Maximum Heart Rate**  
220 - Age



### OPTION 2

(The Formula) **How to Personalize Your Training Zone for Maximum Effectiveness**

Use the formula below to find your personalized heart rate zone based on your physical condition. The method uses 3 variables to calculate.

#### Calculating Your Training Zone for Health, Performance or High Performance

- **Step 1:** Check your heart rate after 2 minutes of hard cycling, running, swimming, etc. and record it into a personal fitness log. Repeat 10-15 times each week.
  - **Step 2:** Average the results to a "personal heart rate" and 3 weeks. Repeat this process for 3 averages. Then check your rate. Record your rates for both HR1 and HR2.
  - **Step 3:** Repeat procedure during your next 2 weeks. Repeat this.
  - **Step 4:** Determine your average heart rate at HR1 and HR2. These are entering into your personal heart rate range for training in the Health Zone.
- Repeat this procedure weekly as shown with HR1 and HR2 to be consistent in Performance Zone, and HR2 and HR1 to be consistent in High Performance Zone.**

Level	HR1 and HR2 Training Zones
1	HR1 - 100 bpm
2	HR1 - 100 bpm
3	HR1 - 100 bpm
4	HR1 - 100 bpm
5	HR1 - 100 bpm
6	HR1 - 100 bpm
7	HR1 - 100 bpm
8	HR1 - 100 bpm
9	HR1 - 100 bpm
10	HR1 - 100 bpm

Level	HR1	HR2	HR3	HR4	HR5
1	100	100	100	100	100
2	100	100	100	100	100
3	100	100	100	100	100
4	100	100	100	100	100
5	100	100	100	100	100
6	100	100	100	100	100
7	100	100	100	100	100
8	100	100	100	100	100
9	100	100	100	100	100
10	100	100	100	100	100

Note: To personalize your training zone you must use HR1 and HR2 as shown.

### Measuring Your Heart Rate

1. Locate your carotid artery (side of your neck) and place your fingers on the side of your neck (shown) and count your heart rate (number of heart beats for 1 minute) for 30 seconds and multiply by 2.



2. Use a heart rate monitor, which allows you to check heart rate as you exercise for a more exact measurement. See chart on right.



### Tip to Improve your performance

- Increase your heart rate by increasing your intensity of exercise.
  - Increase your heart rate by increasing your duration of exercise.
  - Increase your heart rate by increasing your frequency of exercise.
  - Increase your heart rate by increasing your volume of exercise.
  - Increase your heart rate by increasing your speed of exercise.
- The Rate Test**
- Increase your heart rate by increasing your intensity of exercise.
  - Increase your heart rate by increasing your duration of exercise.
  - Increase your heart rate by increasing your frequency of exercise.
  - Increase your heart rate by increasing your volume of exercise.
  - Increase your heart rate by increasing your speed of exercise.

This chart is for informational & educational purposes only and not a substitute for medical advice. For more information, please contact your doctor or a qualified fitness professional.