

Name _____

Period _____

TARGET HEART RATE SHEET

In order to get optimal aerobic benefits at a safe, comfortable pace, you should keep your heart rate within your target heart range when exercising.

ESTIMATED MAXIMUM HEART RATE

Start here 220

Subtract your age -

Equals the **maximum**
number of times your heart
should beat per minute

FIND YOUR TARGET HEART RANGE FOR AEROBIC EXERCISE

Show your work in the space provided below when calculating 60% and 80% of maximum. Leave your answer in decimal form.

$$60\% \text{ maximum} = \frac{\quad}{(\text{Maximum})} \times .6 = \quad \text{beats per minute}$$

$$80\% \text{ maximum} = \frac{\quad}{(\text{Maximum})} \times .8 = \quad \text{beats per minute}$$

Your **TARGET HEART RANGE** for aerobic exercise is between

_____ and _____ beats per minute.

(Make sure your answer is rounded to the nearest whole number)