

Heart Rate Worksheet

Part I- Calculate your HR Zones

Calculate your Resting Heart Rate (RHR) _____

• Count your pulse: _____ beats in 10 seconds $\times 6 =$ _____ beats/minute

• Resting Heart Rate According to HR monitor watch _____

Calculate your estimated Maximal Heart Rate (MHR) _____

• $(220 - \text{Age} = \text{MHR})$

Calculate your Target Heart Rate Zone (THRZ) 65% _____ and 80% _____ of your MHR.

• $(\text{MHR} \times .65 = 65\% \text{ of MHR})$ and $(\text{MHR} \times .80 = 80\% \text{ of MHR})$

Heart rate TRAINING ZONES

A 21 year old boy, with an RHR of 70 beats per minute, wants to lose weight by doing moderate physical activities. Calculate his heart rate training zone.

MHR=

HRR=

THR=