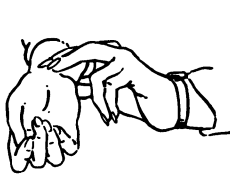


FINDING YOUR TARGET HEART-RATE ZONE

Example	60% Target Heart Rate	80% Target Heart Rate
220	220	220
- <u>40</u> age	- <input type="text"/> age	- <input type="text"/>
= 180 Max HR	= <input type="text"/> maximum heart rate	= <input type="text"/>
- <u>70</u> RHR	- <input type="text"/> resting heart rate	- <input type="text"/>
110	= <input type="text"/> exercising heart rate	= <input type="text"/>
× .60	× .60 60–80%	× .80
= 66	= <input type="text"/>	= <input type="text"/>
+ <u>70</u> RHR	+ <input type="text"/> resting heart rate	+ <input type="text"/>
= 136 beats per minute	= <input type="text"/> beats per minute	= <input type="text"/>
÷ <u>6</u>	÷ 6	÷ 6
= 23 beats per 10 seconds	= <input type="text"/> beats per 10 seconds	= <input type="text"/>
Your Target Heart-Rate Zone		

The time to find your true resting heart rate is when you first awaken in the morning, before you sit up or get out of bed. Place two fingers *lightly* on the pulse in your wrist (just below your thumb) or on the carotid artery pulse next to the windpipe in your neck. While watching the second hand on a clock, count your heart beats for *one minute*. This is your resting heart rate.



Again, the reason to know your target heart-rate zone is that it tells you how fast your heart should be beating while you exercise. When you know your target heart-rate zone, simply check your pulse immediately after an exercise session to see if you have reached the minimum intensity of exercise.