FINDING YOUR TARGET HEART RATE
(KARVONEN FORMULA)

RESTING HEART RATE:
- "Average" is 70 beats per minute
- A low resting heart rate is an indication of fitness
- Other factors can affect your resting heart rate
- Count your pulse for 60 seconds when you wake up, before getting out of bed.
- My resting heart rate is _________ beats per minute

MAXIMUM HEART RATE:
- Maximum heart rate declines with age
- Maximum heart rate can be estimated by subtracting your age from 220
- My estimated maximum heart rate is _________ beats per minute

HEART RATE RESERVE:
- To find heart rate reserve, subtract the resting heart rate from the estimated maximum heart rate
- My heart rate reserve is __________________

TARGET HEART RATE:
- The American College of Sports Medicine recommends exercising at 60-80% of your heart rate reserve
- Figure your target heart rate at 60% and 80% (Use the space below.)

SAMPLE:

A 30-year old with a resting heart rate of 70 beats per minute wishes to exercise at an intensity of 60%. To calculate:

<table>
<thead>
<tr>
<th>60%</th>
<th>80%</th>
</tr>
</thead>
<tbody>
<tr>
<td>220</td>
<td>220</td>
</tr>
<tr>
<td>-30</td>
<td>-30</td>
</tr>
<tr>
<td>190</td>
<td>190</td>
</tr>
<tr>
<td>-70</td>
<td>-70</td>
</tr>
<tr>
<td>120</td>
<td>120</td>
</tr>
<tr>
<td>x.6</td>
<td>x.8</td>
</tr>
<tr>
<td>72</td>
<td>96.0</td>
</tr>
<tr>
<td>+70</td>
<td>+70</td>
</tr>
<tr>
<td>142</td>
<td>166</td>
</tr>
</tbody>
</table>

(Everyone starts with the number 220)
(Subtract the age)
(This is the estimated maximum heart rate)
(Subtract the resting heart rate)
(This is the heart rate reserve)
*(Multiply by 60% intensity) or **(Multiply by 80% intensity)
(This is the 60% of heart rate reserve)
(Add the resting heart rate)
This is the target heart rate for one minute

Now divide by 6 to yield a count for 10 seconds. (A 10 second count is taken during the class)
60% is 142 divided by 6 = 23.6
80% is 166 divided by 6 = 27.4

* Find your target heart rate at 60%:
** Find your target heart rate at 80%: