

<b>AGE</b>												
	<b>30</b>	<b>35</b>	<b>40</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>60</b>	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>
HR Max 100 %	<b>190</b>	<b>185</b>	<b>180</b>	<b>175</b>	<b>170</b>	<b>165</b>	<b>160</b>	<b>155</b>	<b>150</b>	<b>145</b>	<b>140</b>	<b>135</b>
85	<b>161</b>	<b>157</b>	<b>153</b>	<b>149</b>	<b>145</b>	<b>140</b>	<b>136</b>	<b>132</b>	<b>128</b>	<b>123</b>	<b>119</b>	<b>115</b>
80	<b>152</b>	<b>148</b>	<b>144</b>	<b>140</b>	<b>136</b>	<b>132</b>	<b>128</b>	<b>124</b>	<b>120</b>	<b>116</b>	<b>112</b>	<b>108</b>
70	<b>133</b>	<b>130</b>	<b>126</b>	<b>123</b>	<b>119</b>	<b>116</b>	<b>112</b>	<b>109</b>	<b>105</b>	<b>102</b>	<b>98</b>	<b>95</b>
60	<b>114</b>	<b>111</b>	<b>108</b>	<b>105</b>	<b>102</b>	<b>99</b>	<b>96</b>	<b>93</b>	<b>90</b>	<b>87</b>	<b>84</b>	<b>81</b>
50	<b>95</b>	<b>93</b>	<b>90</b>	<b>88</b>	<b>85</b>	<b>83</b>	<b>80</b>	<b>78</b>	<b>75</b>	<b>73</b>	<b>70</b>	<b>67</b>

### Calculating Your Target Heart Rate

- 1)  $220 - \text{age} = \underline{\hspace{2cm}}$  MHR (maximum heart rate)
- 2)  $\text{MHR} \times 0.8 = \underline{\hspace{2cm}}$  (this is the upper end of your target HR)
- 3)  $\text{MHR} \times 0.7 = \underline{\hspace{2cm}}$  (this is the mid range of your target HR)
- 4)  $\text{MHR} \times 0.6 = \underline{\hspace{2cm}}$  (this is the low end of your target HR)
- 5)  $\text{MHR} \times 0.5 = \underline{\hspace{2cm}}$  (this is the low end target HR for Heart Failure patients)

For patients with ischaemia and/or exercise induced arrhythmia, set exercise HR in a 10-15 beat range, 10 beats below the onset of ischaemia and/or arrhythmia.

Initiate exercise at 60% of maximum predicted HR and progress to 70-80 % of maximum HR.  
 For Heart Failure patients, initiate at 50% MPHR and progress to 60-70 % MPHR.

AGE												
	30	35	40	45	50	55	60	65	70	75	80	85
HR Max												
100 %	190	185	180	175	170	165	160	155	150	145	140	135
85	161	157	153	149	145	140	136	132	128	123	119	115
80	152	148	144	140	136	132	128	124	120	116	112	108
70	133	130	126	123	119	116	112	109	105	102	98	95
60	114	111	108	105	102	99	96	93	90	87	84	81

### Calculating Your Target Heart Rate

- 1)  $220 - \text{age} = \underline{\hspace{2cm}}$  MHR (maximum heart rate)
- 2)  $\text{MHR} \times 0.6 = \underline{\hspace{2cm}}$  (this is the low end of your target HR)
- 3)  $\text{MHR} \times 0.7 = \underline{\hspace{2cm}}$  (this is the mid range of your target HR)
- 4)  $\text{MHR} \times 0.8 = \underline{\hspace{2cm}}$  (this is the upper end of your target HR)

For patients with ischaemia and/or exercise induced arrhythmia, set exercise HR in a 10-15 beat range, 10 beats below the onset of ischaemia and/or arrhythmia.

Initiate exercise at 60% of maximum predicted HR and progress to 70-80 % of maximum HR

**Exercise HR Rx: Minimum**        **Ideal**        **Maximum**