



NAME: _____

Resting Heart Rate (RHR) = _____

(Before getting out of Bed in AM)

Maximum Heart Rate (MHR) = $220 - \frac{\text{Age}}{\text{Age}} = \frac{\text{MHR}}{\text{MHR}}$

Cardiac Reserve (CR) = $\frac{\text{MHR}}{\text{MHR}} - \frac{\text{RHR}}{\text{RHR}} = \frac{\text{CR}}{\text{CR}}$

Example Intensities:

| | <u>CR</u> | <u>RHR</u> | <u>HR</u> |
|-----|----------------|------------|---------------|
| 60% | (_____ x .60) | + | _____ = _____ |
| 70% | (_____ x .70) | + | _____ = _____ |
| 80% | (_____ x .80) | + | _____ = _____ |
| 90% | (_____ x .90) | + | _____ = _____ |

THE FIVE TRAINING HEART RATE ZONES

- | | Low HR | High HR |
|---|-----------|--------------|
| 1. FAT BURNING ZONE: 50% - 60% Max. HR | _____ bpm | to _____ bpm |
| 2. HEALTHY HEART ZONE: 60% - 70% Max. HR | _____ bpm | to _____ bpm |
| 3. AEROBIC ZONE: 70% - 80% Max. HR | _____ bpm | to _____ bpm |
| 4. ANAEROBIC THRESHOLD ZONE: 80% - 90% Max. HR | _____ bpm | to _____ bpm |
| 5. RED-LINE ZONE: 90% - 100% Max. HR | _____ bpm | to _____ bpm |