**EXERCISE HEART RATE CHART**

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| **Your Age** | **Target Range HR 50-85%** | **Max Heart Rate** |
|  |  |  |
| 20 | 100-170 beats per minute | 200 beats per minute |
|  |  |  |
| 25 | 98–166 beats per minute | 195 beats per minute |
|  |  |  |
| 30 | 95–162 beats per minute | 190 beats per minute |
|  |  |  |
| 35 | 93–157 beats per minute | 185 beats per minute |
|  |  |  |
| 40 | 90–153 beats per minute | 180 beats per minute |
|  |  |  |
| 45 | 88–149 beats per minute | 175 beats per minute |
|  |  |  |
| 50 | 85–145 beats per minute | 170 beats per minute |
|  |  |  |
| 55 | 83–140 beats per minute | 165 beats per minute |
|  |  |  |
| 60 | 80–136 beats per minute | 160 beats per minute |