

Aerobic Heart Rate Chart

Age	Max HR	50.00%	75.00%	85.00%	90.00%
20	200	100	150	170	180
25	195	98	146	166	176
30	190	95	142	161	171
35	185	93	138	157	167
40	180	90	135	153	162
45	175	88	131	149	158
50	170	85	127	144	153
55	165	83	123	140	149
60	160	80	120	139	144
65	155	78	116	132	140
70	150	75	113	127	135
75	145	72	108	123	131
80	140	70	104	119	126
85	135	68	101	115	122

ASCM currently recommends healthy adults to work within an intensity range of 55-90% of maximum heart rate for developing and maintaining cardiorespiratory fitness.

If you do not have a heart rate monitor to check your heart rate, the quickest way to determine if your heart rate is too high or too low is to take a 6 second heart rate check. Simply place your fingers lightly on your neck below your jaw line or towards the outside of your wrist and count your pulse for 6 seconds. Multiply this number by 10. This resulting number will indicate what percentage of your maximum heart rate you are working at.

*This is the most common method we use during class.