

how to calculate your most effective training workout range:

| | | |
|---|-------------------|-----|
| constant | 226 men or 220 wm | |
| your age: | | |
| subtract age from constant (<i>above</i>). This equals your estimate maximum heart rate: | | |
| your resting heart rate is: (<i>calculate this by taking your pulse for 15 sec. and x 4</i>) | | |
| subtract resting heart rate from estimated maximum heart rate: | | |
| multiply by | 60% | 90% |
| equals | | |
| add resting heart rate | | |
| equals exercise heart rate zone, or % of VO₂ max for aerobic exercise | | |

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| your age: | | |
| subtract age from constant (<i>above</i>). This equals your estimate maximum heart rate: | | |
| your resting heart rate is: (<i>calculate this by taking your pulse for 15 sec. and x 4</i>) | | |
| subtract resting heart rate from estimated maximum heart rate: | | |
| multiply by | 60% | 85% |
| equals | | |
| add resting heart rate | | |
| equals exercise heart rate zone, or % of VO₂ max for aerobic exercise | | |